

The SMARTER, SHARPER
WOMEN'S WEEKLY

best

29 SEPTEMBER
2015 ISSUE 38

FIONA PHILLIPS

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ARE LAZY
& MY FAMILY
EXPECTS
ME TO DO
EVERYTHING'

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What you smell



What your
guests smell



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best Contents

EVERY TUESDAY 22.09.15

38



Long engagements

I was years into a relationship before I got engaged, something my parents – who met and married within three months – could never understand. There was no real reason for this, we already felt committed, we were very happy together and the thought of organising a wedding was daunting. But, once he'd proposed and I'd said 'yes', everything changed, and we married within months. So I'm always curious about long engagements. Why decide you'll get married, then do nothing about it, when you could go on as you are? There are plenty of celeb couples for whom this works – read our piece on page 40. But, if you want some real insight into the 'forever engaged – never married' set, read Vanessa's piece on page 38. When we asked why she'd been engaged for nine years, we got a brilliantly honest reply. (A tenner says she'll walk down the aisle some day). See you next week!

Jenny Vereker, Executive Editor

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COVER PICTURES: GETTY, LANDMARK/MEDIA,
MIRRORPIX, REX FEATURES, WENN
*Postage payable

THE news edit

1

What lies
in store
for the
troubled
pair?



ROMELZA REUNITED!

MISSING YOUR WEEKLY FIX OF AIDAN TURNER'S TORSO? US TOO!

Luckily, the cast of *Poldark* has descended upon Cornwall to film the second series of the hit BBC drama. And, to whet our appetites for its return, the show's official Facebook page has shared some exclusive images from the set.

Fans will be delighted to see Ross Poldark (Turner) and wife Demelza (Eleanor Tomlinson) together again, but is their marriage destined for failure? The series one finale ended with the couple's future hanging in the balance after the devastating loss of their baby daughter. And what about Poldark's not-so-hidden love for former fiancée Elizabeth?

Sadly, we'll have to wait until 2016 to find out. Until then, enjoy these pictures!

Competing
with a
legend?
Don't waist
your time,
Joey

2

Mary clearly
doesn't need to
tighten her belt



IS MARY BERRY TAKING STYLE TIPS FROM JOEY ESSEX?

MARY BERRY CAUSED QUITE A STIR AMONG STYLE-WATCHERS WHEN SHE WAS SPOTTED WEARING A £500 VINTAGE HERMES BELT on a recent episode of *Bake Off*. But, far from being the first star to sport the flashy accessory, the 80-year-old, who has become something of a national treasure and fashion icon, follows in the footsteps of *TOWIE*'s Joey Essex. The question is, who wore it better? We vote for Mary. Better luck next time, Joey!

WHO'S THAT GIRL?

3



Will Renée be
piling on the
pounds again
this time?

IT'S 14 YEARS SINCE RENÉE ZELLWEGER FIRST SLIPPED INTO BRIDGET JONES'S BIG PANTS to play the Chardonnay-swilling singleton. And now, aged 46, she's preparing to take on the role of author Helen Fielding's heroine again. When Renée was first choice, eyebrows were raised at the casting of an American to play the very British heroine. But the star's performance was praised by audiences and critics alike.

The new film, provisionally titled *Bridget Jones's Baby* (which is not thought to be based on Fielding's latest novel, *Mad About The Boy*) sees Bridget as a fiftysomething mother-of-two who's still working as a reporter on breakfast TV.

CURVES HIT THE CATWALK



SIZE 16 MODEL ASHLEY GRAHAM CAUSED A STIR FOR ALL THE RIGHT REASONS AT NEW YORK FASHION WEEK LAST WEEK.

Taking to the stage to showcase lingerie for Addition Elle, and hot on the heels of our very own Plus Size Fashion Week, it seems curves are very much on trend. Feel like treating yourself? Turn to page 58 for our pick of the best plus-size clothing on the high street now.

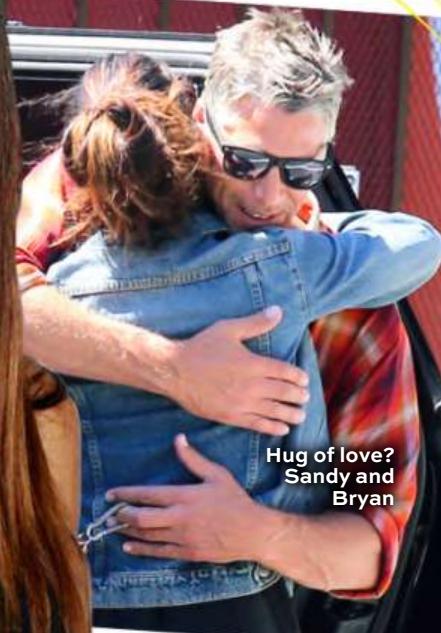
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DOES SANDRA BULLOCK HAVE A NEW BAD BOY?

SANDRA BULLOCK, 51, COULD MOST LIKELY HAVE ANY MAN SHE WANTS BUT, IF REPORTS ARE TRUE, it seems the star, whose ex-husband Jesse James infamously cheated on her, has fallen for yet another 'bad boy'. The Hollywood actress has been snapped embracing rumoured new boyfriend Bryan Randall - a 49-year-old photographer with a shady past. A former drug addict who was once sued by his late ex-fiancée over child support payments for their daughter, it's thought Bryan, who has also been arrested on several occasions, caught Sandra's eye after he was hired to take photographs at her son's fifth birthday party. While the Oscar-winner has yet to comment on the reports, sources close to her have reportedly confirmed she's dating Bryan, who is now clean and sober.



Hug of love
Sandy and Bryan

Stunning Ashley cuts her critics down to size

THE *news* *edit*

6 85 NOT OUT FOR 007



The original Mr Bond, still as suave as ever!

HE RECENTLY CELEBRATED HIS 85TH BIRTHDAY, BUT SIR SEAN CONNERY IS RARELY SEEN OUT IN PUBLIC THESE DAYS.

The actor, often described as the world's sexiest man, retired from acting over a decade ago and now spends most of his time in the Bahamas.

But the keen tennis fan couldn't resist popping to New York for the men's final of the US Open. And, while he did appear frail, Sir Sean still looked dapper in a navy blazer and cream hat.

7



Polo neck, £28
Skirt, £40
Bag, £49
Boots, £119



Coat, £89

Coat, £95

SHE SHOULD BE SO LUCKY



KYLIE SET TONGUES WAGGING ABOUT WHETHER SHE HAD A NEW MAN AFTER BEING SNAPPED IN LONDON WITH HER GALAVANT CO-STAR JOSHUA SASSE.

Kylie, 47, met handsome Josh, 20 years her junior, while filming a cameo in the US fairytale series.

The pair looked close during their stroll in Chelsea, where Kylie has a home, with Josh draping an arm around her and Kylie even placing her hand on his!

She sang about being unlucky in love, but could Kylie have finally hit the jackpot with this one?

9



Could Josh be Kylie's happy-ever-after?

10



Sam's been left shaken by an obsessed fan

HELENA'S GOT PRINCIPLES

HOW DO YOU MAKE A STUNNING FASHION RANGE LOOK EVEN BETTER? Get Helena Christensen to model it, of course! The catwalk star fronts the latest collection from Principles by Ben de Lisi, full of autumn and winter staples with a fashion-forward edge.

Helena's fave piece? 'The red coat. It's both elegant and fun - I'd wear it anywhere I wanted to stand out.' It almost makes us welcome the terrible weather...

Coat,
£89



Coatigan,
£48



Jumper,
£35



Denim
shirt-dress,
£40



Casual
fringe
blanket,
£80

SAM'S STALKER TRAUMA

EASTENDERS ACTRESS SAM WOMACK IS HAVING HER OWN REAL-LIFE, SOAP-LIKE DRAMA AFTER BEING TARGETED BY AN ALLEGED STALKER.

Police were called last week when 42-year-old Sam, who plays Ronnie Mitchell, asked for her security to be stepped up after a man was reportedly camped outside the Bedfordshire house she shares with Mark, 54, and their two children.

An arrest has been made and we hear *EastEnders* bosses are also on high alert on set. We hope the situation is resolved soon.

8

See
how they
GROW!

Even A-list mums have trouble peeling their kids away from smartphones!

CATHERINE ZETA-JONES AND HER DAUGHTER CARYS ENJOYED SOME QUALITY FAMILY TIME

alongside husband and father Michael Douglas, 70, at the US Open tennis in New York. The pair's close relationship was clear to see as they were pictured laughing and embracing throughout the match.

In a scene countless mothers can no doubt relate to, the Hollywood actress, 45, was snapped affectionately grabbing her lookalike daughter's cheek in an apparent effort to pull the 12-year-old away from her phone!

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BEAUTY BARGAIN OF THE WEEK

Nail polish,
£7.99

NOT CONTENT WITH SELLING JUST CLOTHES AND HOMEWARE, H&M have extended their offerings to a brand new make-up range. Stock up on classic red lipsticks and cute compacts in stylish, luxe packaging. The best bit? Nothing is over a tenner.



Lipstick,
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Powder blush,
£6.99

Nine-shade
palette,
£9.99

DAWN'S

fabulous new body!

The comedienne stuns fans with her new svelte look... so how did she do it?

When Dawn French stepped out on the red carpet last week to support Nicole Kidman's West End debut in *Photograph 51*, she looked a million dollars.

Famed for her yo-yo dieting, Dawn, 57, now appears to be in great shape.

And if her past dieting secret is anything to go by, it's worked wonders again, with her appearance drawing admiring gasps from the crowds.

For years, *The Vicar Of Dibley* actress was adamant fat was fabulous, topping the scales at a whopping 19st. All this changed in 2011 just after her divorce from comic Lenny Henry, when she shocked fans by dropping 7½st, admitting afterwards that she felt like she had 'betrayed the fat club'.

Her rapid weight loss led to fans clamouring for her dieting secret. At the time, she dismissed it as 'No magic wand, just tiny, joyless low-cal eating and lots of walking.'

Dawn, who has been married to charity boss Mark Bignell for two years, later admitted while touring with her one-woman show *30 Million Minutes* that the reason for the weight loss was due to a uterine cancer scare, prompting a hysterectomy.

She told fans, 'I set about dropping a few stone. That's all it was - practical.'

But within two years the weight had crept back on, so it seems she's taken drastic steps once again, using her tried and tested small portion method. Dawn, we salute you!



THE SMALL PORTION PLAN

An easy regime for long-term weight loss...

- Start the day with whole wheat breakfast cereals mixed with milk or porridge.
- Eat a healthy diet of small amounts of food, around a fistful each time, throughout the day. Stick to super nutritious foods, such as homemade soup, sweet potatoes and pasta. High-fibre foods like broccoli, cauliflower and beans will help keep you full and your digestive system in working order. Eat slowly and always stop eating as soon as you feel full. Avoid snacking between meals.
- Avoid sugary foods like chocolate, sweets and pastries. Instead, get your sweet fix from fruit like mashed banana mixed with a little honey or frozen yoghurt with berries. High-calorie drinks such as cola, alcohol or sweetened fruit should also be off the menu.

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In-store | Online | Mobile

'I have

With a new TV show on the horizon and a huge adventure in the offing, life is rosy for 54-year-old TV star Carol Vorderman – and to top it all off, love is in the air

Carol's next big challenge is a solo round-the-world flight



She wed Patrick King in 1990, and their marriage lasted 10 years

Her 1985 marriage to Chris Mather was short-lived



Whether it's admitting to naked treadmill sessions or airing no-nonsense views on *Loose Women*, Carol Vorderman has always worn her heart on her sleeve – which is why we love her.

So when Carol told us she has a new man, we couldn't wait to find out more. Yet this time, she was uncharacteristically coy.

'I am dating, but I'm not telling you who it is,' confessed Carol, 54. 'He's not a famous person.'

Carol split from former Red Arrows squadron leader Graham Duff a year ago – it was announced that the relationship had 'run its course, as relationships sometimes do'. Carol and toyboy 'Duffy' dated for two years after meeting through Carol's fundraising work for the RAF.

Whether her latest squeeze also shares her passion for flying is still unknown. 'You will find out who he is soon

a new man!'

enough!' she says, adding, 'He's lovely.'

Though her love life has been turbulent, that past heartache hasn't dampened Carol's search for love.

At 24, she married Royal Navy officer Chris Mather, but it quickly unravelled and they split just a year later. 'I made a big mistake. I got married on the rebound to a man I hardly knew,' she later admitted. 'The consequent break-up affected me badly for a long time. I felt a complete failure.'

She then married Paddy King, and they went on to have two children together - Katie, 23, and Cameron, 18 - before divorcing 10 years later, in 2000. Recalling the split, Carol later said, 'It wasn't an easy decision - divorce isn't pleasant.'

It's telling then, that Carol is unsure if she would ever marry again. 'Would anyone ever put up with me again? I don't know. I can't answer that question,' she says.

She didn't have to think twice about hosting a new daytime TV show to rival

ITV's ailing *Loose Women*. Carol's former *Loose Women* co-star, Denise Welch, recently revealed that the two of them, along with Carol McGiffin and Jane McDonald, were in 'format discussions' about a new show.

And Carol adds, 'I miss the girls and working with them. We are all very different but we get on famously.'

Yet, for now, there is just one TV project on Carol's mind - the annual Pride of Britain Awards, which honours the country's unsung heroes. Having hosted the star-studded ceremony for an incredible 17 years, Carol is well-versed in dealing with the night's emotional tales, but one award-winner this year has left a lasting impression.

'Look out for one little boy - a child of courage - he is extraordinary,' she tells us. 'I just blubbed when I heard his story, he really got to me. You will see why.'

While Carol admits that the floor-length Mark Melia gown she'll be wearing on the red carpet on the night will 'probably be tight' (and with a figure like Carol's, why not!), she's laying off the pre-event gym sessions.

'I walk about 20 miles a day - although I've cut down for now because I can't risk an injury before Pride of Britain,' she says. She revealed on Twitter that she had recently fallen off a treadmill... naked!

'Look, I have a little gym at home. I'd run three miles and was really hot, so I took everything off. Well, except my trainers and my knee

bandage!' she begins.

'I got back on the treadmill but forgot I'd left the belt running at more than six miles an hour! So now I've done my back in *and* my knee. I haven't been back on it yet - unsurprisingly!'

As a result, Carol's body is covered in carpet burns, bruises and cuts. It's not the first time she's come a cropper - two years ago, she broke her nose and needed stitches after tripping while running down the stairs in 4in heels!

It's not just for The Pride of Britain Awards

that needs Carol in peak condition. After gaining her pilot's licence in 2013, she is set to embark on a round-the-world solo flight next spring, following the route of 1920s pilot Mildred Bruce. 'I practice emergency routines until I'm blue in the face,' Carol tells us. Speaking earlier this month, she said: 'The problem at the moment is flying over the Middle East. Holiday jets are at 35,000ft, but I have to fly at 10,000ft. Below 25,000ft there are warnings about anti-aircraft guns. It is a worry, but I'm going to do it.'

Carol also cares for her 87-year-old mum Jean, who lives with her in Bristol and was recently hospitalised. 'She's OK, but she's had three cancers

Would anyone put up with me as a wife again?



Carol is
TV royalty
these days

now - kidney, ovarian and skin. This last one is a huge melanoma, so she needed a big skin graft,' Carol tells us.

No wonder that Carol says her current blonde look is partly because she is now 'half-grey'. But she adds, 'In a few weeks I might go back to the brunette Cleopatra bob. That said, I have had a lot of fun since I went blonde!'

• **Pride of Britain is on ITV on Thursday 1 October**



She and mum Jean are still inseparable



Gillian and David take a romantic stroll on the beach

The EastEnders star can't stop smiling

GILLIAN' FABU BIKIN

The 60-year-old *EastEnders*

Snapped on holiday with fiancé David Fairbairn in Limassol, Cyprus, Gillian Taylforth showed her incredible beach body and looked relaxed and happy – a far cry from her character in *EastEnders*, who has just returned to some pretty gritty storylines.

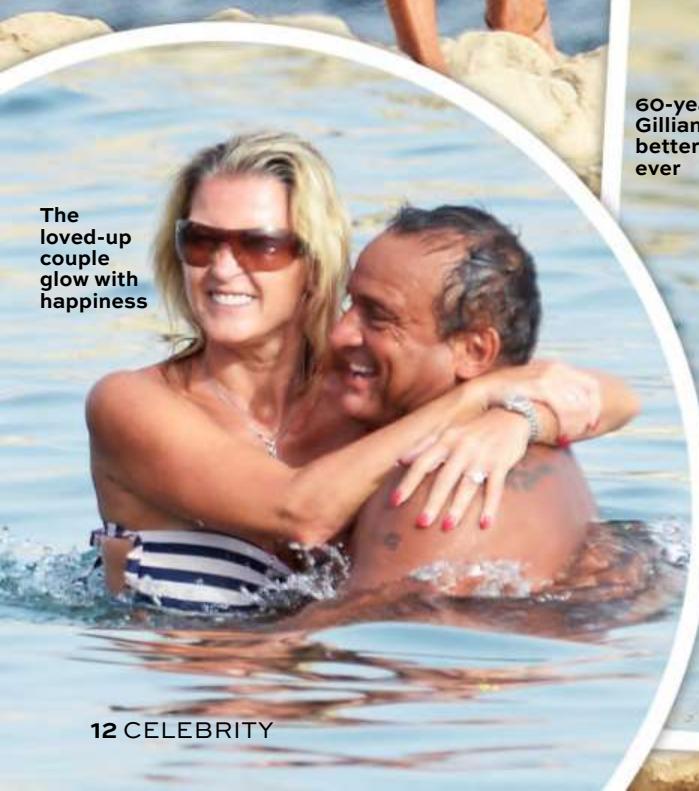
The star looked tanned and in great shape, soaking up some late-summer sun in a bandeau stripy bikini, her toned abs defying the fact that she celebrated her 60th birthday last month.

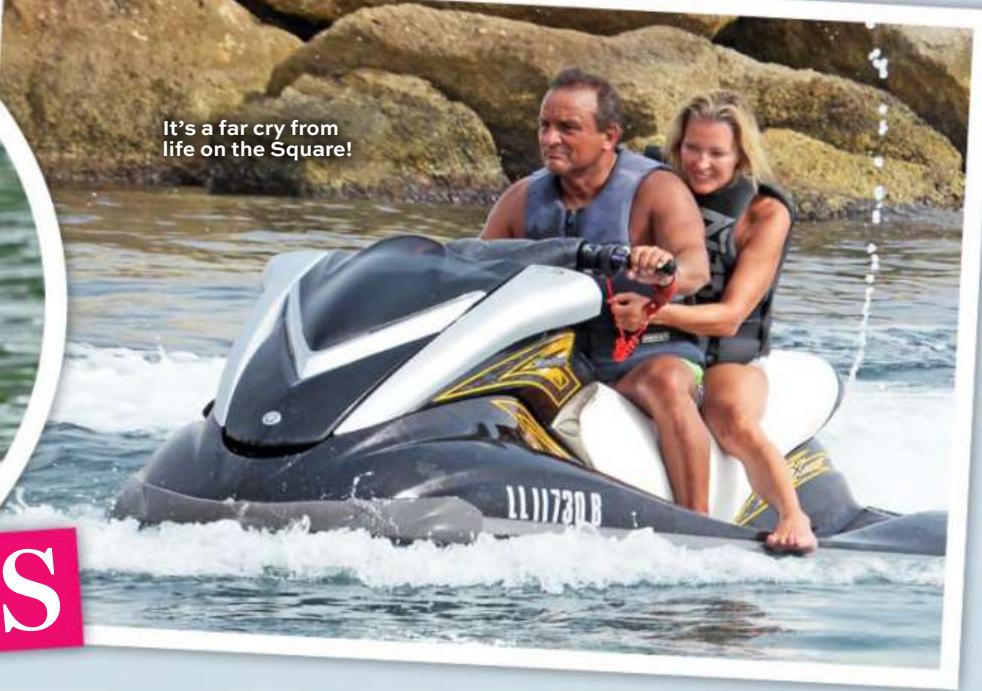
Gillian and her businessman fiancé beamed from ear to ear as they enjoyed a loved-up cuddle in the water. The pair got engaged in 2013, just months after they relocated to Cheshire when she landed the role of mum-of-six Sandy Roscoe in *Hollyoaks*. And Gillian's admitted marriage is on her wish list.

The mum to Jessica, 23, and



The loved-up couple glow with happiness





S

ELLOUS I BODY!

ers star shows off her enviable figure

Harrison, 15, was clearly putting news that partner David, 60, is battling prostate cancer behind her on the sunshine break, and the pair looked in great spirits, with Gillian even pumping the air during a ride on an inflatable banana boat.

Adam Woodyatt, 47, who plays her son Ian Beale in the show, reckons she looks younger than him and we think he could be onto something.

Gillian recently revealed her secret for looking so good at 60, saying that having a fiancé as a personal trainer in David was very helpful. 'I eat healthily, watch my weight and I still train – I power walk on the treadmill, lift weights and do sit-ups.'

Back in Albert Square full-time, Gilly's character Kathy Beale has returned from the dead, leaving fans shocked during February's live episode, which revealed Kathy had faked her own death while living in South Africa.

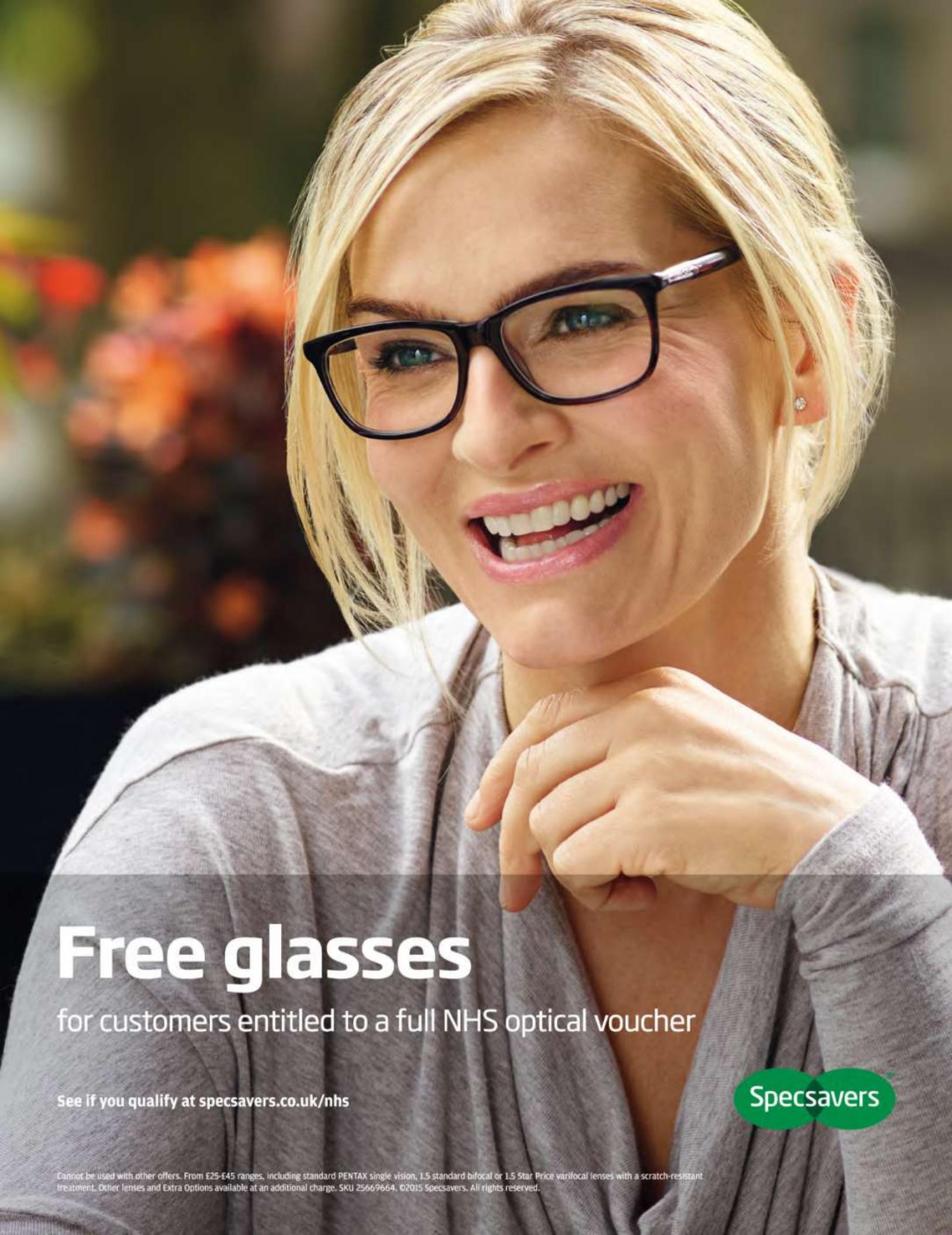
But Gillian has been delighted by the reaction to her return. 'Obviously I couldn't tell anyone except David – not even my own kids!' she said.

'On the night, I had so many texts and apparently Twitter went into meltdown, which I think is good! I wasn't sure what sort of reaction I'd get, so I was pleased.'

Admitting that the filming schedule and 5am starts have been a shock to the system, Gillian said, 'In the first week, I was crying every day and I just felt drained. I'm looking forward to it easing up a bit.'

Last week, Gillian told Phillip Schofield and Holly Willoughby on *This Morning* that she really enjoyed filming her explosive comeback scene with Sharon, which saw the two go head-to-head in a violent tussle. 'That was a great scene. I loved doing it – poor old Letitia. It was all right, though, we had health and safety there!' she added.





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THIS WEEK...

It's 3.30pm. Time for an after-school drink...

A new study from the charity Alcohol Concern reveals that an increasing number of mums are reaching for a glass of wine straight after the school pick-up at 3.30pm!

One glass leads to another, and before they know it, the 4pm cuppa has turned into a bottle of pinot grigio.

When the boys were little and we lived in London, once the kids were home from school every day, it was normal for some of the school mums to open the wine at 4pm. I didn't frown on it. I know a lot of women who love their routine of getting the wine out once their children go to bed, too - for them it's relaxation.

That's fine, but I've noticed these same people will also go, 'Right. I'm not going to drink next week, I'll have a week off.' But they find it really hard, without recognising they might have a problem. To me, as soon as you find it really hard not to drink, you've got to worry.

You can't look at Facebook these days without seeing someone mentioning 'wine o'clock' in the afternoon. It's just become normal, which is worrying. Don't get me wrong, I used to drink a little. The

difference was that I know after one or two glasses I feel tipsy. Some of my friends could drink a bottle and seem fine!

But what if one of the kids needed to be driven to hospital? You'd be well over the limit. What would you do?

I think that's why I stopped drinking. We always have a houseful of parents and their friends.

I like to stay sober just in case someone gets sick and I have to make a dash for the hospital.

There's a penalty to always being the sober one, as I'm constantly called 'boring' - but, wouldn't you rather that than blame yourself if something were to go wrong?

CLARIFICATION

Last week we incorrectly named Emma Crompton as expecting Coleen's grandchild. In fact we'd like to clarify that it is Emma Kivell who is pregnant. We apologise for any distress this error may have caused.

Straight Talk...



With Loose Woman
Coleen Nolan





WOMEN, MEN, KIDS & HOME

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M&Co

HERE'S HOW
JOAN DID IT

LIFTING DULL SKIN

Joan tells me, 'It's essential to have a good base. It's the first and most important step.' Using her Timeless Beauty range, Alyn starts with First Base, and follows with Fade to Perfect concealer under my eyes and cheekbones. He brushes Impeccable Finish loose powder over it and adds Contour Velvet Blusher under my cheekbones.

INTENSE EYES

'Always lift the eye area,' Joan says. A selection of browns and golds widen my eyes while liquid liner is used for emphasis. Class Act mascara and House of GlamDolls lashes give my eyes their dramatic look. 'These are my favourite,' Joan confides.

SHOWBIZ BROWS

Joan tells me Elizabeth Taylor was her beauty heroine, and is determined to give me her brows. I'm sceptical, but her Contour Eyebrow pencil duo work their magic.

POWER POUT

Joan never applies lipstick without using a pencil first, and ideally you should use a shade slightly deeper. Joan's Contour Lip pencil in red does the job. My lips are filled in with Divine Lips in Helene to create instant glamour.

BIG HAIR

Hairdresser Josh gives my straight, limp hair a blow-dry worthy of the red carpet. I hardly recognise myself!

SCARLET WOMAN

Joan tells me 'I don't feel dressed without nail lacquer. It's as essential to me as lipstick. Look perfectly groomed by matching your lip and nail colour.'

● **Joan Collins Timeless Beauty** is available from shopping channel QVC and Harrods. All proceeds from the event were donated to Shooting Star Chase, Children's Hospice Care.



I got the star treatment from TV royalty herself



I was always a fan of Joan's look, and loved her in Dynasty

BEFORE



My Joan Collins beauty makeover

She was an 80s icon, and has yet to be pictured looking less than a million dollars. Who better to give our Associate Editor Tracey Baldwin a make-up masterclass?

I spent the 80s wishing I could recreate the 'Alexis' look that Joan Collins made famous in *Dynasty*.

Worshipping the actress from afar, I'd copy the big hair, the bold colours and the shoulder pads, with varying degrees of success.

Joan not only defined the era, but has remained a beauty icon with her own style, and I love it.

I've never shied away from make-up and have felt fairly confident in my look. But when I was asked if I'd be willing to let Joan give me a red carpet makeover at Harrods' beauty salon,

Urban Retreat, I couldn't jump in a cab fast enough - after topping up the mascara and adding gloss. You don't meet Dame Joan without making an effort!

I'd rehearsed what I'd say to her a million times, but nothing prepares you for meeting your childhood hero. I found myself tongue-tied as the stunning 82-year-old greeted me warmly and complimented me on my appearance.

I was hoping to impress her over the next two hours, as she directed make-up artist Alyn Williams on how to transform me. But

sparkling conversation is tricky when you have a TV star poring over your face!

After careful consideration, Joan announced that make-up should be 'fun, yet powerful'. She said, 'It's good to experiment, then you'll get the best look. Once you've mastered that, you'll exude confidence.'

Joan, if it worked for you, it'll work for me... So, I shut my eyes and prepared to be transformed.

Let's just say that afterwards, I was ready to walk any red carpet you could have thrown at me.

'Sick pets can be put to sleep. Why can't I?'



As the Assisted Dying Bill is rejected by MPs, Lisa Milella, 41, explains why she's decided to end her own life – and help others do the same...

When vet Lisa Milella had to put down her own cat, Eric, she was devastated.

But he was suffering and she knew ending his life was the kindest thing to do – the ultimate act of love.

Now, after being diagnosed with the terminal illness motor neurone disease, Lisa, 41, wants to be treated with the same dignity as we afford our family pets.

She has meticulously planned her own death – by means of a lethal cocktail of drugs – at the controversial Swiss assisted dying organisation, Dignitas.

And she supports the growing campaign to relax the laws surrounding 'assisted dying' in the UK.

'We give more dignity in death to our pets than we do human beings,' she says.

'I don't want to suffer a prolonged, lingering death.'

I want to be able to choose when I die. I'd like to do that in my home, surrounded by my loved ones, with dignity. But British law doesn't allow me to do that, and that makes me angry.

'I know there's no coming back from this disease for me. When my respiratory muscles become paralysed, gasping for every breath in a chair is not a life I want to live.'

Lisa decided she wanted to work with animals after helping her parents nurse their poorly pet cat, Snowy, when she was a child.

After completing seven years of training as a veterinary dentist in 2010, she quickly became recognised as one of the world's foremost specialists.

Lisa set up a successful veterinary practice at home

'Today is the best I'm going to be. It'll only get worse'

in Surrey. She travelled the world treating exotic animals, and saved the lives of nearly 100 former dancing bears in India, whose teeth had been smashed out by brutal handlers.

But then, in May 2013, she started to feel unwell.

'I couldn't work one of my dental drills, and I struggled with the button on my car key. Then, out for dinner one night, my legs turned to jelly

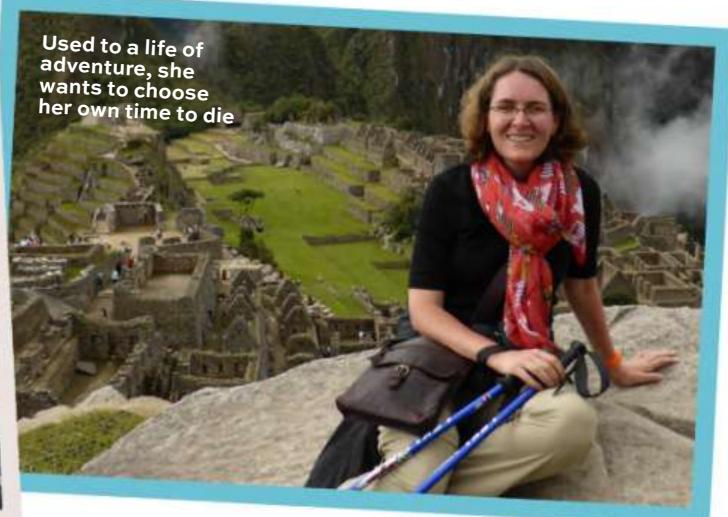
for no reason. I realised something was very wrong.'

Lisa describes her diagnosis in August that year as 'like a nuclear bomb' going off in her life. She sat in shock before ringing her parents.

She says, 'They were so brave for me but, of course, they were devastated. That night I lay wide awake in bed, numb, wondering what the future held for me.'

In those first dark days, she made her mind up – she





because you need to be fit enough to be able to travel to Switzerland, and administer the drugs yourself, before you are too weak.

'If the law were different, I could have a few more months at home.'

With her death planned, far from wallowing in self-pity, Lisa worked on a bucket list of projects to help bears, orangutans, leopards and tigers with International Animal Rescue.

One of the highlights was performing a life-saving operation on an orangutan called Pinky.

'There was a risk her organs could shut down,' she says. 'It was only afterwards I realised just how privileged I was to do my bit to help such a majestic creature in the jungle in Borneo.'

Her last trip is to India in December to fulfil one of the four things left on the list.

She'll present a ground-breaking dental report, aimed at improving the treatment of captive wild animals, and she wants to raise £50,000 for International Animal Rescue.

Lisa knows she's running out of time. In the past six months, she has been forced to adapt her home for life in a wheelchair.

'One of my saddest days was when I shut my



would rather end it than endure a life half-lived.

After doing some research, single Lisa contacted Dignitas. They put her in touch with a UK organisation called Friends at the End, who could help her understand the UK law.

'I was desperate for information,' she says. 'You need to go to Dignitas a lot sooner than you'd need to if you could be helped to die here in the UK. That's

veterinary website down,' she says. 'It was everything I'd ever worked for. That was one of the few days I had a good cry.'

'When I went to an open-air cinema in an electric wheelchair, someone smiled in a pitying way, clearly thinking, "Oh, poor you."

'But, while some people sleepwalk through their lives, I know you've got to make the most of every day.'

'I also realise today is the best I'm going to be, as tomorrow I'm only going

to be worse. I've had an incredible and fulfilling life, but I believe happiness comes from having a purpose in life. There'll come a point where I'm so disabled that I will have neither.'

'By speaking out I hope to make a difference. And when the Assisted Dying Bill is read again, I hope the Government will find the courage to act with kindness and compassion.'

● **Lisa's appeal is at justgiving.com/Lisa-Milella-100**

THE ROAD TO DIGNITAS

There are six 'right to die' organisations in Switzerland offering assisted suicide, but Dignitas is the only facility to accept foreigners suffering from a terminal illness.

The person must be a competent adult. They must become a member of Dignitas and provide medical records and a letter to prove why their condition has become intolerable.

Doctors affiliated to Dignitas will consider if they are prepared to write a prescription to help that person die.

Counselling and repeated questioning will confirm if the wish to die is genuine.

Swiss law allows assisted suicide, but not euthanasia. The difference is that the person must drink the dose of lethal drugs unaided. For those unable to lift a drink to their lips, a machine can administer it at the touch of a button.

Currently, any loved ones travelling with them could be charged in the UK for aiding or abetting suicide, which carries a maximum jail sentence of 14 years.



HOT to trot!

Columnist James Jordan gives us the lowdown on the new professional dancers and asks, 'Where have all the Brits gone?'



THE SOUTH AFRICAN

Born in Pretoria, Otile Mabuse has been crowned South African Latin American Champion eight times, and previously competed in *Let's Dance*, the German version of *Strictly*. I used to compete against her sister and, if she is anything to go by, Otile will be very raw, sexy and a hard worker. I'm worried about her partner, boxer Anthony Ogogo, though, because he has an injured shoulder, and you can't dance with injuries. You need your arms for ballroom dancing! It's a bit like going on *The Jump* with a broken leg. It's a great shame, because Anthony won't be able to give it his best shot.



THE RUSSIAN

Gleb Savchenko specialises in Latin dance and is the current Australian National Professional Champion, previously competing on US *Dancing With The Stars*. He is partnered with *Countryfile*'s Anita Rani, and is a great addition to the *Strictly* family. I know him well – we worked together in Hong Kong years ago. He's hungry to win and will do his absolute best to succeed. And one of his strengths is that he's so good-looking. Gleb can just stand there without even dancing and still look good!

PICTURES: BBC, EMPICS, FAMOUS, GETTY, JAMES RUDLAND



Gorgeous Gleb dances with Anita Rani



Giovanni's got a bellissima partner!



THE ITALIAN

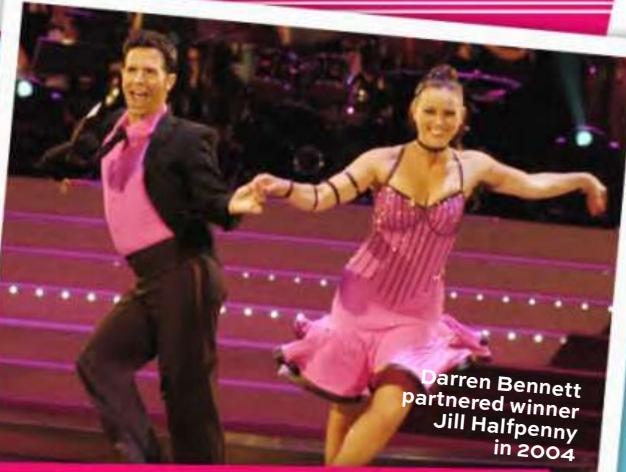
Giovanni Pernice is an Italian jive champion and seems like a really nice guy. I don't know him personally, but it seems as if the producers wanted a replacement for Vincent [Simone] to give the show a bit of European flavour. He's got a great partner in actress

Georgia May Foote, and stands a very good chance of winning. I feel sorry for some of the older professionals, because I think they're deliberately partnered with the celebrities who can't dance so well. They have less chance of winning the show, which isn't fair.



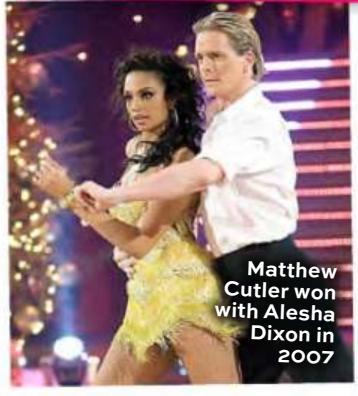
Strictly Laid Bare

James Jordan's views are Strictly his own...



Darren Bennett
partnered winner
Jill Halfpenny
in 2004

BRING BACK THE BRITS!



Matthew Cutler won with Alesha Dixon in 2007



Ian Waite with Jodie Kidd in 2009

The lack of home-grown dancers on the show really annoys me. I'm British, patriotic, and I was on the show for eight years. I like to see British people on the box, and we have some of the best ballroom dancers in the world. I'm not knocking the international dancers – my wife Ola is Polish, after all! And *Strictly's* new dancers are all amazing. But we have champions right on our doorstep, and I think we should use

them. Take Neil Jones, a British Open Champion. His CV overshadows all the pros now competing on *Strictly*. Then there's Ryan McShane, a British Closed Ballroom champ – very good-looking, with a great personality. Both men auditioned for the show, but never made it.

The producers also axed myself, Matthew Cutler, Ian Waite and Darren Bennett, all Brits. It's a shame – we have the dancing talent right here.

best PROMOTION



Gentle protector

Soothe and guard your hands with the new Cuticura Sensitive range

If you're one of the estimated 52 per cent of the population suffering from sensitive skin, finding products that won't cause irritation can be a challenge.

Step forward the new Cuticura Sensitive range, which protects against harmful bacteria and, thanks to gentle ingredients including aloe vera and

chamomile, is kind to even the most sensitive of skins.

KINDER TO SKIN

With 150 years of experience, the Cuticura Sensitive range is alcohol and fragrance free while still leaving you feeling protected in your everyday life.



IDEAL FOR SENSITIVE SKIN

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facebook.com/cuticura



* Good Housekeeping Reader Recommended Survey July 2015 – GHRR0615/75



Look gorgeous
with **Patsy Kensit**

With the darker evenings creeping in, turn a nightly soak into a blissful treatment

Bathing beauty

HOT TUB!

While wallowing in a bath full of steaming water might be your idea of heaven, it could be doing more harm than good.

Avoid drying out like a prune and boost your skin at the same time by following these simple rules.

- Water should be warm, not hot. For best results, apply products to running water. I tip them into my hand and place it under the tap while the bath is filling up.
- If you like bubbles but suffer from dry skin, consider adding a little baby oil to your bath water at the same time. This will help counteract the drying effect of the suds.
- Don't stay in for more than 15 minutes – any longer than that and your skin will wrinkle up. After towel-drying, and when your skin is still moist, slather on a lotion to help hydrate your skin.

UPLIFTING

If you prefer a soak in the morning, using the correct blend of fragrances will give you much needed get-up-and-go. **Woods of Windsor Moisturising Bath & Shower Gel in Honeyed Pear & Amber, £8.50**, mixes citrus and fruity floral ingredients together, ideal for when you've just got out of bed. It's also perfect if you like a lather, as it produces plenty of bubbles.



REBALANCING

As we are about to hibernate under layers of clothes, anything that gives your circulation a boost is a good idea. **Dr. Organic Dead Sea Mineral Bath Oil, £8.99**, is packed full of minerals and salts from the Dead Sea, which is renowned for detoxifying properties. I wouldn't advise you to use it every night but, as a once-a-week skin therapy, it's definitely worth putting on your beauty shopping list.



MOISTURISING

Make like Cleopatra and soothe dry skin with a softening milk product such as **The Body Shop Egyptian Milk and Honey Bath, £14**.

Combined with hydrating honey, it gives dry skin a nourishing treat and doesn't leave it feeling tight after a soak. One scoop is plenty but, if you fancy an indulgent treat, why not go for five...



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Boots Botanics Radiant Youth Super Serum, £9.99 + Max Factor FaceFinity All Day Flawless 3 in 1 Foundation, £12.99 + That's On-The-Go Light White Brightening Spray, £27.99

= age-defying base

— HOW TO —

Make your foundation work harder by adding an anti-ager, for a gorgeous soft-focus effect. Mix a little serum with a thumb-sized blob of foundation. Sweep over skin with a blending sponge or foundation brush. Finish by misting over some brightening spray to even out the skin

tone and set your colour.



Maybelline Color Sensational Lip Liner in Hollywood Red, £3.99 + L'Oréal Paris Color Riche Lip Colour in Eva, £6.99 + Carmex Lip Balm, £2.29

= a plumped-up pout that lasts

— HOW TO —

Sweep the liner all over your lips, starting on the bottom and paying attention to your cupid's bow for definition. This will provide the base to give your lippy staying power. Use the back of your hand to blend the lipstick with a tiny amount of balm, then apply the colour to your lips using your ring finger for a soft finish.

Superdrug Style Expertise Volumising Powder, £2.99 + Toni & Guy Casual Sea Salt Texturising Spray, £7.49

= big hair!

— HOW TO —

Sprinkle a teaspoonful of volumising powder into your palm, mix with a spray of texturiser, then work through the crown, using your fingers for a soft, ruffled look.



TanOrganic Oil-Arganic Multi Use Dry Oil, £24.99 at Superdrug + No7 Perfect Bronzed Bronzing Pearls, £9.95

= a beautifully bronzed body

— HOW TO —

Blend a little dry oil with a small handful of crushed pearls to create a bronzing oil. Smooth over your collarbone, shins and shoulders for an instant glow.



Revlon PhotoReady Primer + Shadow, £9.99 + Rimmel Shadow Stick by Kate, £4.49, + Bourjois Volume Glamour Ultra Care Mascara, £7.99

= a smoky eye

— HOW TO —

Blend a little primer with the shadow stick for a stay-put base, then build the shades for a smoky effect. Finish with two coats of mascara.



Vo5 Styling Wax, £4.19 + Mark Hill Big Night Out Hairspray, £5.99 + Ari by Ariana Grande Hair Mist, £13

= fragrant shine

— HOW TO —

Work a tiny amount (half a pea's worth) of wax through ends of hair to build texture. Spritz a little hair spray into hands and work lightly over hair, smoothing from root to tip and finish with the mist.



SUPERCHAR your be

We all love our hair and make-up multi-taskers, but did you know that combining two or three standard products can result in bespoke creations that deliver even better results? Check out our clever combos, then try some of your own.

Olay Regenerist CC Cream SPF15, £24.99
+ Clarins Everlasting Foundation, £27.50 + Avon Setting Spray, £6
= a lasting glow

— HOW TO —

Combine a pea-sized blob of CC cream with the same amount of foundation, and work it over your face with a brush. Set with a mist of the spray.



Smashbox Lash Primer, £16 + Barry M Venus Dazzle Dust, £4.59 + Collection 10x Volumising Mascara, £3.99 = nude eyes

— HOW TO —

Mix some lash primer with the loose shadow to make a creamy paste, and use your finger to work this over the eyelids, up to the socket line. Finish with two layers of mascara from roots to tips, wiggling the wand to coat all lashes.



GE CREATE YOUR OWN BESPOKE PRODUCTS TO GIVE YOUR REGIME A MULTI-TASKING BOOST
auty routine

FIONA PHILLIPS

'My family expect to do everything'

On reaching burnout...

[As a mum] you always put people before yourself. You end up burnt out and stressed. We do have a cleaner, but I hate having some poor person to clear our mess up. If you ever say you need help [to Martin or the boys] you get accused of being a nag.

I still bring in a salary, but I feel responsible for filling the fridge, too. And I have to do all the washing. We came home from holiday three weeks ago with three suitcases, and I'm still doing that wash!

I feel like smacking Martin in the

chops when he says to me, 'You look after everyone, so I look after you.' He's got the easy job!

On her sons...

I have two teenage sons (Nathaniel, 15 and McKenzie, 13) and they're always around the house. They think the floor is the cupboard. Nothing goes in drawers. My eldest is the laziest person I have ever come across. We did not bring him up like that. I'm starving him of money at the moment and have taken his phone off him - I'm like a ringmaster!

My children couldn't care less what we do - we're just embarrassing to them. When the school rings to tell us something, they turn around and say, 'They're only ringing because you're on television,' but we're like, 'No, it's because you're about to fail something!'

On being on TV...

When I sat in for Lorraine, it was a nightmare if I was presented with someone from *The Only Way Is Essex*. We pretended we knew what they did, even though we didn't know who they were.

When high definition TV came in, I found lines I'd never even thought of - you had to have make-up sprayed on!

On her husband...

I first met him [*This Morning* editor Martin Frizell] in LA when I was an entertainment reporter for *GMTV*. I didn't like him. Then, he turned up at TV-am and I still didn't like him - I thought he was arrogant and a bit dry.

[The couple married in 1997, so Fiona must have changed her mind at some point!]

On her wedding...

I don't like being the centre of attention. That's why I didn't have a white wedding. My mother, Amy, wanted me to be a girly girl, but I was a tomboy.

On marriage...

We've been together a long time now, but we've forgotten the anniversary. We know the year, but I hate it when one partner gets into a mood because the other has forgotten the actual date. I do keep cards for a while but then I have a big clear-out and throw them away.

On being a working mum...

My mum didn't work. Women going out to work now has turned everything on its head. The natural way of things, as people knew it, has been well and truly trampled on.

On her parents...

Mum was one of eight children. Her and my dad [Neville] didn't have much money and Mum counted every penny. But as long as you've got love then that's all you need, and I learned to be independent.

My mum died before my dad, so when Dad died [three years ago, from Alzheimer's] I felt like an orphan. I still have my parents' number and I won't delete it. They lived in Wales so I had to

The journalist wasn't a fan of now-husband Martin Frizell when they first met



me

Presenter Fiona Phillips, 54, lets rip about lazy teenage boys, why sparks didn't fly when she met her husband... and reaching breaking point



clear their house and throw a lot of their furniture away. Nobody wanted it for free and there were things my mum had polished... but, in the end, you have to be ruthless.

On This Morning...

Martin is now producing *This Morning* with its new set. It has the 'gawp' factor now – people like to hear if other people's lives are more miserable than theirs.



*As a mum,
you end
up burnt
out and
stressed'*



ROSIE HUNTINGTON-WHITELEY

JACKET Moving on from the white blazer, a pastel oversized jacket is a soft way to layer up this season. Pretty shades of pink and baby blue look great teamed with light jeans.

HAT 2015 looks set to be the year of the hat! A soft grey fedora works brilliantly with light shades and adds a pop of colour to a dark winter coat.

BAG You can't beat an oversized tote. We love her Balenciaga Papier A4, but not the £1,000-plus price tag! You can pick up this style at high street shops such as Zara and Accessorize.

TRAINERS Step back in time with a pair of on-trend retro trainers. Rosie's are Adidas Gazelle and give her outfit a cool and casual vibe.

GLASSES For instant supermodel chic, make sure you have a pair of stylish sunglasses handy all year round! Rosie's are by Dior, but similar styles are widely available on the high street.

TOP A well-fitting white T-shirt is a style essential that everyone should own. Look for one with a slightly fitted shape, which is much more flattering than super tight or loose and baggy!

JEANS Ankle grazer jeans are the perfect alternative to flares, and great for dressing down at the weekend.

Ste Rosie's

Hat,
£14.99,
New Look

Sunglasses,
£5, Peacocks

Top, £6.99,
New Look

Blazer, £55,
Topshop

Jeans, £20,
BHS

LAID-BACK LUXE

Who says casual has to look scruffy? A relaxed blazer smartens up the classic jeans and T-shirt combo in seconds! Take a supermodel style tip and pick up a pair of trainers exactly the same as Rosie's to complete the look.

Trainers,
£67, adidas



all her look

effortless style is one we can all copy...

best
style
icons



Necklace,
£7.99,
New Look



Jacket,
£55, M&S

Hat,
£29.95,
Joe Browns

Sunglasses,
£5.99, New Look

Necklace,
£18,
M&Co.



Top, £8,
Peacocks



Bag,
£38,
Topshop



SOPHISTICATED STYLE

As the cold weather creeps in, switch to a heavy jacket that will give you warmth while still looking smart. Team pastel pink with dove grey for a feminine look that isn't too girly.



Shoes,
£14.99,
Deichmann



Grey, £39, Dune



Navy blue, £25,
M&S

HATS OFF!
*Add a stylish
finishing touch
to any outfit*



Pink, £29,
Accessorize



Grey with chain,
£45.95, Moda in Pelle



Plum, £14, F&F
at Tesco

THE high street edit

STEP OUT IN STYLE
WITH OUR PICK OF THE
LATEST LOOKS FROM
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STREET STORES



£25



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LOOK



£17



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£79



£27⁹⁹

Add a touch of
boho to your winter
wardrobe for a glam
laid-back look!

MONSOON



Dress, £169
Waistcoat, £89
Both from Monsoon
Bracelet, stylist's own

£69

£35



£89

£89



THIS WEEK... CHARM SCHOOL

MANNERS MAKETH THE MAN

Eamonn: Just when I thought illusionist David Blaine would hold the record for my most awkward interview ever, 14 years later, along comes David Cassidy to steal the crown.

Mr Cassidy entered into an arrangement with *This Morning* and knew what was required – to speak about his bankruptcy and having to sell his home.

But, by the time we came on air, this seemed to be news to him... why else would we have been interviewing him? A new album? No. An upcoming



David Cassidy was obnoxious and rude

British tour? No. Winning an award? No. These things aren't happening in his life at the moment. He was given a wonderful build-up and was simply

asked, 'How are you?' What he then did was take a wonderful chance of positive PR and flush it down the toilet by being generally obnoxious and

particularly rude to my wife. Your view may differ, and I always say speak as you find, but take it from me, Donny Osmond he ain't!

NOTHING SMART ABOUT PHONES IN CLASS

Eamonn: The government is to appoint a behaviour expert to look into the impact of smartphones on children in the classroom. But surely any of us with kids who own one could save them time by telling them the kids don't own the phones, the phones own them! We're talking addiction here, and a lot of us, including Ruth and I, are as bad as the youngsters.

Ruth: Ofsted's annual report shows that behaviour in schools is worsening year on year, and that pupils are often using their mobiles when they shouldn't. But why do some schools allow phones in class at all? Surely there should be a big bucket at the door for devices, only to be collected on the way out. It's not rocket science.

Eamonn: But Ruth, they are science. There could be an argument that smartphones can be a successful part of teaching, and play a positive role in learning. But then, of course, I take one look at our 13-year-old, and I don't believe a word of what I've just said!



The government wants to monitor how pupils use their phones



Selfie-time for Ruth, Olly, me and Caroline!

PHOTOBOMBED

Just wanted to give you a glimpse of what went on behind the scenes of our *Avengers* photoshoot last week. It's amazing who you bump in to! Doing publicity pics for *The X Factor* in the next studio were Olly Murs and Caroline Flack. Suffice to say – we were photobombed!

Double Take



News, views and a fresh take
with **Eamonn & Ruth**



BUSY ISSY

Eamonn: The *Sky News Sunrise* team bade a temporary farewell to my co-presenter Isabel Webster as she headed off on maternity leave. What a year for Issy – landed a big job, got married, got pregnant and bought a house! If you think that was busy, Isabel, wait 'til the “babby” arrives in two weeks' time!



Showing affection
shouldn't be taboo



TERMS OF ENDEARMMENT

Ruth: What is the world coming to when showing affection and protection is the new big sin? Lawyer Charlotte Proudfoot doesn't want to be complimented on the way she looks when she's working, and the Care Quality Commission has told care home workers off for using the terms 'pet', 'love', 'sweety', 'darling' and 'handsome' – it says the language could be regarded as demeaning and patronising.

Eamonn: So, darling... forgive me, I mean, wife... please remind me to get offended the next time my very good friend and TV presenter Amanda Lamb insults me with a text saying, 'Hi, handsome!'

Ruth: On top of this, one of my idols, Dame Helen Mirren, says men shouldn't drape their 'damned arm' round their girlfriend's shoulders, as it symbolises ownership. So, is it equally wrong if I put my arm round Eamonn? Sometimes, whether we are men or women, we want to be 'owned'. We also want to be loved, looked after, feel safe and sometimes let others see how happy we are.

Eamonn: Surely an arm around the shoulder is also a way of comforting and making up after a tiff? I'd be lost without it.

Ruth: And so would I, as this picture [above] shows. Sorry if it looks like I'm owning you, darling. Being PC is one thing, but surely none of us want those initials to stand for Pretty Cold.





For many mums, the decision to go back to work after having a baby is a heart-wrenching one.

It was no different for me after having my daughter, Millie, in January 2012.

I loved being a new mum, more than I ever thought I would, and I really wanted to stay at home with her.

But my husband, Dan, 42, and I decided I needed to go back if we were going to make ends meet.

Now, not a day goes by when I don't wish we'd made a different decision – as then maybe our gorgeous, smiley Millie would still be with us.

We chose a nursery near our home in Stockport that had been recommended.

Dan and I took her on her first day, and while she was happy to wave goodbye, I sobbed as we drove away.

Millie seemed to settle and, on my third day back at work, I went in early, so Dan dropped her at nursery.

But at 11.30am he called me. 'The nursery rang,' he said. 'Millie's having trouble breathing. They've called an ambulance.'

'Oh, my God,' I gasped. He'd driven to Newcastle for work after dropping Millie off, so it would be a few hours before he would be back.

I raced straight to the hospital. I told myself that Millie probably just had a bit of asthma like me.

A nurse met me when I arrived and led me to where they were treating Millie.

The doctors and nurses were just standing there and Millie was lying still on a bed in the middle of them.

Not moving, she didn't look right. I screamed and collapsed to the floor.

A nurse helped me up and took me to a side room where a doctor spoke to me.

She confused me with medical jargon I couldn't understand. So I asked the question that, in my heart, I already knew the answer to.

'Is she dead?' I said.

'Yes,' she replied gently, and I collapsed in hysterical tears again.

They asked if I wanted to see her but I couldn't face going in there on my own. I wanted to wait for Dan.

When he arrived, I could see from his face that he'd

My baby death at

Joanne Thompson, 29, was devastated when her daughter died – but her courageous campaign will protect others

been told. We fell into each other's arms and wept.

Then together, we went to see our baby girl. She was wrapped in a blanket and we cradled her and told her how much we loved her.

A doctor told us they thought Millie had choked but there would need to be a post-mortem examination.

A few days later, the hospital confirmed she'd choked on the mashed potato from the shepherd's pie she'd had for lunch.

Two nursery nurses trained in paediatric first aid were on duty the day Millie died. One made attempts to revive her by slapping her on the back. But then she'd left the building to wait for the ambulance, leaving Millie with someone without that specialised training.

We couldn't help thinking our little girl would've stood a better chance of survival if the appropriate first aider had stayed with her. But we would never know for sure, and that was hard to take.

At her inquest, the coroner recorded a verdict of misadventure and said no

one was to blame.

But we were shocked to learn that, legally, nurseries were only required to provide one nursery nurse per building who was trained in paediatric first aid.

We decided something needed to be done to prevent another tragedy.

So we set up Millie's Trust with two aims – to campaign to change the law to make paediatric first aid compulsory for all nursery staff, and to

provide training for nursery staff and parents.

It gave us an outlet for our grief and meant something good would come from Millie's death.

Our online petition calling for a change in the law reached 100,000 signatures, triggering a debate in Parliament.

And slowly things are changing. By September 2016, everyone who finishes childcare courses in college will need a paediatric first aid certificate to qualify.

Next year we're launching Millie's Mark – awarded to any nursery where 100 per cent of its staff achieve specialised first aid training.

'We'd give it all up in an instant to have Millie back'

choked to nursery



It's something parents can look out for when choosing a nursery for their children.

Dan and I have given up our jobs to run Millie's Trust full-time, although I've recently taken a step back to look after our little boy, Leo, who was born in February.

We are really happy that Millie's Trust is such a huge success. But it's bittersweet... we'd give it all up in an instant to have her back.

We miss our girl every day and it's hard knowing Leo will grow up without his big sister.

But we will keep going to stop other parents suffering the heartache we suffered the day we lost Millie.

● Joanne will be honoured at this year's Pride Of Britain Awards. Watch Daily Mirror's *Pride Of Britain Awards*, in association with Lidl, Thursday 1 October, 8pm, ITV





SOPHIE'S SENSATIONAL *Sunday lunch*

CELEBRITY MASTERCHEF WINNER SOPHIE THOMPSON SHARES HER FAVOURITE RECIPES – PERFECT FOR A RELAXED GATHERING

Slow roast Sunday lamb

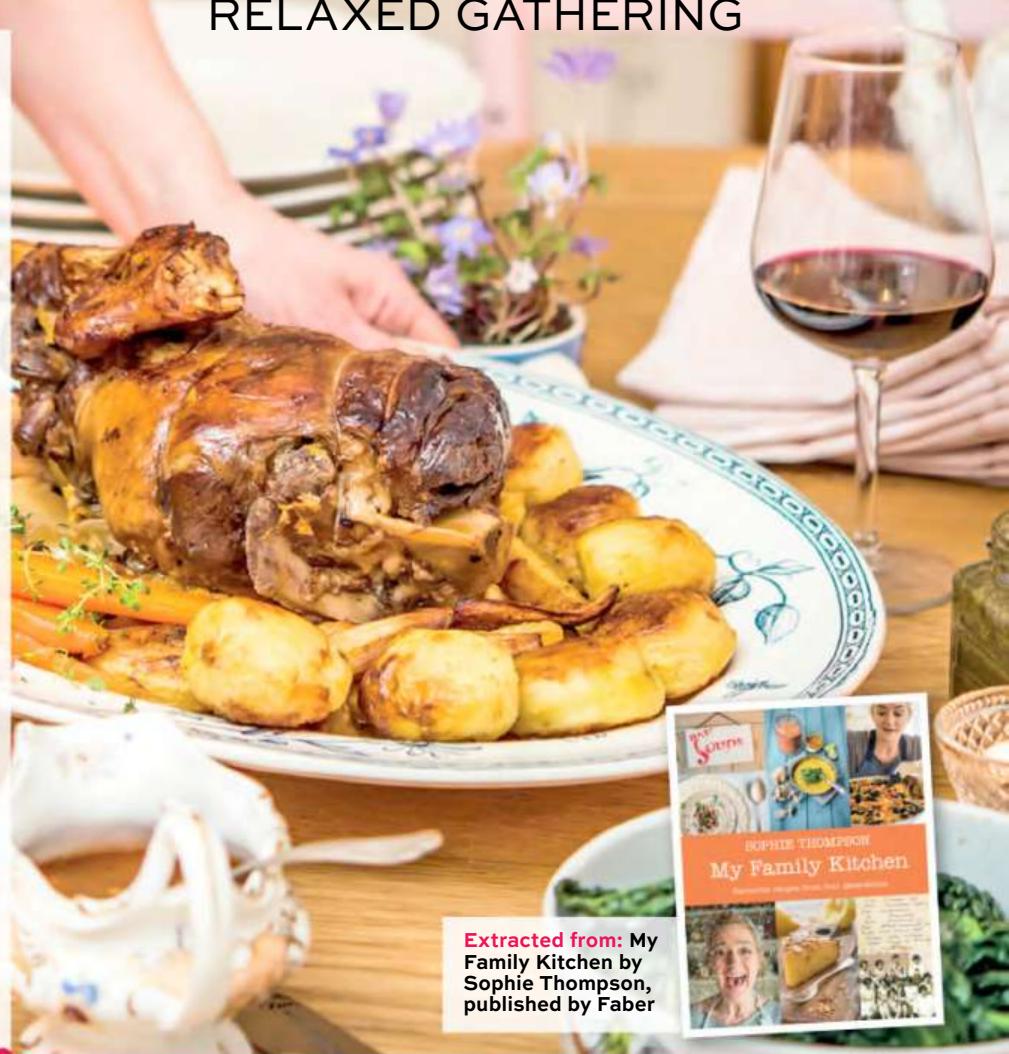
We are on a 'go slow'. That's how it should be on a Sunday, let's face it. If you manage to get hold of a good bit of meat, this recipe really does all the magic for you. All it needs is a few firm friends to party with in the heat of your oven.

PREPARE 15 mins
COOK 4½ hours,
plus resting
SERVES 8

- 2kg whole leg of lamb
- 2 tbsp olive oil
- 6 shallots, peeled
- 6 garlic cloves
- 4 rashers smoked streaky bacon, chopped
- 2-3 bay leaves
- 2-3 rosemary sprigs
- 30g golden raisins
- 8 dried apricots
- 1 bottle dry white wine
- 1 tbsp aged balsamic vinegar
- 350ml water

- 1 tbsp cornflour
- salt and pepper

- 1 Preheat the oven to 170°C/150°C fan/Gas 3½. Decide what you are going to cook the lamb in – I like to use a large flameproof casserole dish so the lamb is nestling in the lovely juices, but you could do this in a deep-sided roasting tray.
- 2 Season the lamb all over with salt and pepper. Place a large, flameproof roasting tray over a medium heat and add the oil. Brown



Extracted from: My Family Kitchen by Sophie Thompson, published by Faber



the leg of lamb, turning regularly with tongs to brown all over – this will take about 8-10 minutes. Remove from the pan and set aside.

3 Add the whole shallots, garlic cloves and bacon to the tray and brown for 2-3 minutes, stirring all the time. If you are cooking in the roasting tray, return the lamb to the tray, add the bay leaves, rosemary sprigs, golden raisins, apricots, wine, balsamic vinegar and water and bring to a simmer. Cover loosely with foil and place in the oven. Alternatively, transfer everything to a large casserole dish, cover with the lid and place in the oven.

4 After 4 hours the lamb will be lovely and tender but if you have more time and can bear to wait, you could easily give this another hour – it will just be even more meltingly tender.

5 When cooked, remove from the oven and set the lamb aside while you make the gravy. Skim any fat off the top of the cooking juices with a spoon. Mix a little of the liquid with the cornflour to make a smooth paste and then add this back to the sauce. Cook over a low heat for a few mins to thicken, then taste and adjust the seasoning. You can either serve the gravy as it is or strain it to remove the now not-so-dried fruits.

6 Serve the lamb with heaps of roast potatoes to mop up the gravy, roasted vegetables and butter spinach. For some reason this dish always raises a smile. There's something a tad audacious about a whole leg of lamb with so much gravy!

Celeriac and chestnut soup

PREPARE 15 mins

COOK 35 mins

SERVES 4-5

- Generous knob of butter
- 1 tbsp vegetable oil
- 1 white onion, chopped
- 1 red onion, chopped
- 1 heaped tsp ground cinnamon
- 1 heaped tsp ground cumin
- 100ml dry sherry
- 1 heaped tsp vegetable bouillon powder
- 1 large celeriac, peeled and cut into chunks (don't be alarmed by its gnarly appearance)
- 800ml chicken stock
- 100ml double cream, plus extra for swirling
- salt and pepper
- 100g vacuum-packed cooked chestnuts, crumbled and warmed gently in a dry frying pan
- Handful of fresh parsley leaves, chopped

1 Heat the butter and oil in a large pan, add all the onions and cook over a medium heat until softened, for about 10 minutes.

2 Add the cinnamon and cumin and season with salt and pepper. Cook for a couple of minutes and then add the sherry and bouillon powder. Let it bubble for a minute, then add the chopped celeriac and chicken stock. Bring to a simmer and leave to bubble away, uncovered, for 20 minutes, or until the celeriac has softened. Taste and adjust the seasoning.

3 Remove from the heat and use a stick blender to whizz the soup until smooth. Return the pan to the heat and stir in the cream.

4 Pour into bowls and add a swirl of cream on the top. Crumble over your warmed chestnuts and scatter with chopped parsley leaves.



My wedding Bakewell tart

PREPARE 15 mins,

plus resting

COOK 1 hour

SERVES 8-10

- 320g ready-rolled shortcrust pastry sheet
- 200g soft butter
- 200g caster sugar
- 3 large eggs, beaten
- ½ tsp almond extract
- 200g ground almonds
- 6 tbsp raspberry jam
- 1-2 tbsp flaked almonds, lightly toasted
- icing sugar, to decorate

1 Take the pastry out of the fridge about 15 minutes before using, to allow it to soften slightly. Preheat the oven to 180°C/160°C fan/Gas 4.

2 Unwrap the pastry and roll it out to a circle big enough to line a loose-bottomed fluted tart tin, about 22cm in diameter. Carefully press the pastry into the edges and let

any excess pastry hang over the edges for now. Line with baking paper and fill with baking beans and then blind bake for about 15 minutes. Remove the beans and paper and cook for a further 5 minutes to crisp up the base.

3 In a large bowl, mix together the butter, sugar, beaten eggs, almond extract and ground almonds until well combined. Spread the jam evenly over the pastry base and then spoon the almond mixture over the top. Trim the overhanging pastry so there is about 3cm all round and then fold this excess pastry over the filling.

4 Place on a baking tray and bake in the middle of your oven for about 40 minutes. Allow to cool completely in the tin before removing. Scatter with the lightly toasted flaked almonds, dust with icing sugar and serve.



ENGAGED, BUT NOT MARRIED

Why I'm not ready to say 'I do'

by Vanessa Feltz



As we carve the Yuletide turkey this year my darling Ben and I will have been happily engaged for exactly nine years.

During this near-decade we've been contentedly affianced, we've joyfully danced at wedding after wedding, only to see the blissful couple split acrimoniously a few years later.

We've sat through a multitude of 'I dos', quaffed vintage champagne at spectacularly gorgeous receptions, marvelled at exquisitely beautiful brides, inhaled the intoxicating aroma of intricately arranged flowers, munched our way through mounds of intriguing canapés, listened to what – if spliced end to end – must amount to weeks of sentimental speeches and purchased Lord knows how many Nespresso machines to bestow as gifts.

Yet we frequently find that while legally wed Mr and Mrs can no longer bear to occupy the same continent, we who continue in a perpetual state of engagement are still thrilled to see one another most mornings.

Being engaged is a thoroughly satisfactory state of affairs. The deal is

Being engaged is a thoroughly satisfactory state of affairs'

not yet done and dusted. You are not signed, sealed or delivered. You're still, to a bracing degree, on your best behaviour. You can't quite relax, gain a couple of stone and shuffle about the place in your bedroom slippers. Yet you can bask in the comforting glow of knowing somebody loves you enough to say in public that they want to spend the rest of their life with you.

Of course, you also get to flash the ring – in my case, a pretty diamond set in platinum with tiny little diamonds glittering on the band. There's something special about saying, 'He's – not quite yet and not absolutely – mine.'

Engagement truly is the only reliable method I know to achieve the impossible – having your cake and eating it. In other words, you relish all the lovely bits of being a couple without the officialdom, paperwork and complacency which seem to be part and parcel of tying the knot.

The longer our partnership lasts, the less I feel drawn to watching *Say Yes To The Dress* or scrolling through potential venues. Somehow the two of us together are about something very real which feels a million miles away from mini Yorkshire puddings and

titchy fish and chips portions wrapped in newspaper. We've built relationships with one another's families and friends, worked together, played together and found a way of jogging along together that suits us down to the ground.

Of course, when we first emerged as a couple way back in September 2006, everyone, including our best friends, insisted our relationship would never last. Frankly, we agreed with them. No-one was more shocked that we were an item than us. On the surface we had nothing whatsoever in



Ben and Vanessa with her daughters Saskia and Allegra

acing do'

common. Actually, we had nothing in common below the surface either. I was 44 back then. Ben was – and annoyingly remains – 10 years younger than me. I'm middle class and Jewish. He, I think, defines himself as working class, a born-again Christian and comes from a Nigerian family. He's an Essex boy. I'm a North London girl. I'd been married and have two, now adult, children. He'd never walked up the aisle. I was a swot who read English literature at Trinity College, Cambridge. He left school at 16 and signed to a record company as a rapper. How on Earth, our nearest and dearest wondered, could such dramatically different people stand each other's company for an hour let alone a lifetime?

To our own astonishment, we have proved the doubters wrong. Ben's jolly attitude, reluctance to be judgmental and determination never to say anything nasty have, I hope, calmed me down and helped me to take a lighter-hearted view of the world. He's been magnificent with my two daughters. A glorious photograph of Ben helping Allegra down the stairs – he looking resplendent in white tie and tails, she like a princess in an organza crinoline – on her wedding day takes pride of place in her album.

He never fails to lift the mood, drives us demented with his gags and adds immeasurably to life's fun factor. Astoundingly, he maintains that I make him laugh. He likes my work ethic, loves my chicken soup and just about

'We've proved the doubters wrong,' says the radio DJ



The couple are happily unmarried



tolerates my tendency to plan so far in advance I only just resist putting toothpaste on my toothbrush at night to save time in the morning.

On a practical note, I've often joked that we can't afford a wedding because I've spent all the funds on a gastric band. That's not strictly true, but there are certainly other matters higher up the priorities list. There are places we'd like to explore and experiences we'd like to share that don't include an aisle or even a registrar. Neither of us is saying 'never', so continue to watch this space, but as long as we remain this happily unmarried don't expect any action on the marital front any time soon.

**TURN OVER FOR
MORE ENGAGED
BUT UNMARRIED
CELEBRITIES**

It works for us

**CHRISTINE BLEAKLEY, 36,
& FRANK LAMPARD, 37**



Frank and Christine have both been previously engaged

ENGAGED
4 YEARS

Come on, ladies, our wedding hats are gathering dust! Here are three couples whose engagements have lasted longer than some celebrity marriages!

**JANE McDONALD, 52,
& EDDIE ROTHE, 62**



After a 28-year gap, Jane and Eddie got engaged

ENGAGED
7 YEARS

**EMMA BUNTON, 39,
& JADE JONES, 36**



The couple are parents to sons Tate and Beau

ENGAGED
4 YEARS

TV host Christine Bleakley began dating footballer Frank Lampard in 2009 after meeting at the Pride Of Britain Awards. After two years together, Frank got down on one knee during a romantic US summer break, proposing with a lavish ring rumoured to have cost the former England football star in excess of £120,000.

Fast-forward four years and the pair are seemingly still enjoying their engagement. Christine said recently, 'We are on wedding standby, everything is slightly up in the air because of Frank's move to New York.'

The couple relocated to New York in July this year after Frank signed a two-year deal to play for New York City FC. Both have been previously engaged but never married, with Frank having two daughters, Luna and Isla, with ex-fiancée Elen Rivas.

Former *Loose Women* star Jane McDonald first met fiancé Eddie Rothe, a drummer with pop group The Searchers, in 1980. The pair dated for six months, before splitting after Jane pursued her singing career – which saw her appear in BBC's 1998 fly-on-the-wall series, *The Cruise*.

A chance meeting with Eddie in 2008 led to the couple rekindling their flame. Now the pair are set to wed – although divorcee Jane admits she won't be rushing down the aisle. 'I love this one more than I ever loved the others and I don't want to jinx it. In any case, I can't afford to get divorced again,' said twice-married Jane.

'I feel like I've woken up and all of a sudden it is all happening. I am genuinely having fun again. I'm more confident than ever and I've got a fantastic man who makes me laugh every day,' she added about Eddie.

It was love at first sight when Heart FM radio host Emma Bunton and Damage singer Jade Jones met backstage at a Spice Girls concert in 1998. Jade finally popped the question to Baby Spice during her 35th birthday celebrations in 2011, presenting her with a big rock.

'It only took 13 years for Jade and I to get engaged so God knows how long it's going to take to get married!' joked Emma. The couple are also parents to sons Beau, seven, and Tate, four.

'Maybe I'm just prolonging everything,' said Emma recently. 'We dated for a long time, had lots of fun. Then we had children, had that magical moment, and we've still got so much to come. I don't like to conform. We're doing it our way, no fixed plans at all – we're quite laid-back. Too laid-back!'

Though with rumours of a Spice Girls reunion, what better place for a Spice singalong than a wedding reception!

THIS WEEK...

Cashback Queen

With Dragons' Den's
Sarah Willingham

Betrayed by the new state pension

A generation of women born after 6 April 1950 will lose out on benefits



THE NEW FLAT-RATE PENSION EXPLAINED

The current basic state pension is £115.95 a week and is offered to anyone who has paid National Insurance continuously for 30 years. However, the government is introducing a new single-tier flat-rate pension from 6 April 2016 onwards.

Set at £148 a week, it will also see additional pensions and 'contracting out' abolished and, now, the qualifying National Insurance years have increased from 30 to 35 – a shock for women who thought they were eligible to retire at 60.



What does it mean for women?

Under the old system, women often missed out on receiving a full basic state pension as they had taken a career break to look after children and had stopped paying National Insurance, or because they did not qualify for the second state pension top-ups, due to earning less than men.

The new pension was supposed to reduce these inequalities, but official figures show that of the first 1.2 million people to claim the flat-rate pension, only 80,000 of them will be women. This discrepancy is not only down to taking care of children, but also because the state pension age has been raised.

In 2016, around 405,000 people are expected to claim the new State Pension but just 20,000 women will get the full amount compared to 130,000 men.

HOW LONG WILL YOU HAVE TO WORK?

For many years, the state pension age for men was 65 and 60 for women. However, from 2020, the age for both will be 66, increasing to 67 between 2026 and 2028, and then linked to life expectancy after that. This will see those in their early 20s having to wait until they're at least 70 before they can take their state pension.

With the new flat-rate pension, it means that, as well as being penalised for taking a career break, many older women are now going to have to work an extra five years before they even qualify for it. This could make retirement even more of a struggle.

If you want to find out when you'll reach basic state pension age, and how much you may get for it, there is a calculator at gov.uk/calculate-state-pension.

Less than a third of adults in the UK are contributing to a pension.

WHAT YOU CAN DO

As well as the state pension, to truly guarantee that you have enough money for retirement, you might consider joining a company scheme or setting up a private pension. Any money you pay into a pension will not be taxed, and it is worth taking advantage of the 'free' money out there (tax relief, employer contributions).

You can start small and increase your payments as you grow older, but you need to work your pension into your budget and make sure you are not saving more than you can afford.

For help with pensions and retirement planning, it is worth seeking professional advice from an IFA (try unbiased.co.uk) or speaking to the Pension Advisory Service.



My twin had m

When Courtney Macropoulos, 35, was diagnosed with cancer her dreams of motherhood were shattered – but her sister stepped in to make the ultimate sacrifice

My twin sister Danielle and I were inseparable growing up.

The youngest of four kids, we did everything together, and as we got older we went on double dates and had the same job at a cinema.

Danielle was my best friend, my other half.

But I never realised just how special our bond was until I found out I couldn't have children.

At age 31, I was diagnosed with stage two breast cancer. It shook both our worlds.

Just four months earlier I'd married my husband, Stephen, and we were planning to start a family.

But after my diagnosis in 2011, all hopes of becoming a mum were put on hold.

Doctors advised me to go through IVF and freeze my embryos before treatment, as there was a high chance I'd be left infertile.

We didn't hesitate. The idea we might not have a family was too painful to bear.

With our embryos stored, I focused on getting better.

The next few weeks were hell as I had a double mastectomy followed by chemotherapy, but Stephen and Danielle were my rocks.

They took turns taking me to medical appointments and kept my spirits up when I started losing my hair.

It was the first time in our lives that Danielle and I

didn't look alike.

Seeing her so healthy, while my body had been deformed by surgery, was a reminder of what I'd lost.

After eight rounds of chemo I was cancer-free, but the doctors had another bombshell for me.

The high doses of chemo, and the fact that the breast cancer was feeding off my hormones, meant it wasn't safe for me to get pregnant.

I felt grateful to be alive, but heartbroken knowing I would never be a mum.

Then, just as Stephen and I were about to give up hope, Danielle made an amazing offer – if I couldn't have children, she would have them for me.

Already a mother of two, Danielle and her husband, Eric, didn't make the decision lightly.

They'd planned on having a third child, but they gave up their dream for us.

Danielle started IVF

in September 2013, but when she didn't get pregnant on the first try I grew nervous.

Having exhausted five of our 10 embryos, I worried it wasn't going to happen.

But, luckily, the second time around was a success.

'You're going to be a mum!' Danielle said on the phone.

Stephen and I screamed and cried at the same time.

On Christmas Eve I went with Danielle for her first ultrasound, and scans revealed we were having twins.

Hearing my babies' heart beats inside my sister's womb was incredible.

I surprised Stephen with our big news by giving him a Christmas ornament reading 'Twins coming in 2014.'

But 11 weeks into the



Courtney lost her hair during gruelling cancer treatment

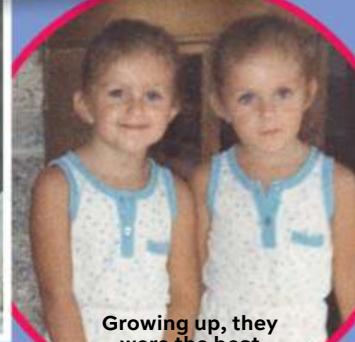


Now, she's the picture of health and a mum to Isabel

ALWAYS TOGETHER



From day one, Courtney (left) and Danielle were inseparable



Growing up, they were the best of friends



Danielle has given Courtney the ultimate gift

My baby



Stephen and Courtney were in the hospital for the birth

GIFT OF LOVE

The amazing moment Isabel was born



pregnancy we found out we'd lost one of the babies.

Stephen and I were devastated and I knew Danielle felt awful, but we focused on the positive. It was a miracle we were pregnant in the first place.

Throughout the pregnancy I didn't leave Danielle's side. I went to the appointments and checked up on her multiple times a day.

Our husbands joke they each have two wives because Danielle and I are always together, but having a baby made us inseparable.

Of course there were times I felt like I was missing out on the experience of carrying my child, like when Danielle said she could feel the baby kick. People would congratulate my sister, even though it was me who was the mum-to-be.

Since Danielle had C-sections with both of her children before, her delivery date was scheduled for 4 August 2014.

While Danielle and Eric were inside the delivery room, Stephen and I were anxiously waiting in the corridor for news.

When I heard my daughter cry out, my heart melted.

'She's here,' Eric yelled to us.

Danielle insisted

that I be the first to hold our baby, who we named Isabel.

She wanted me to enjoy all of the experiences that come with being a mum.

I'll never be able to repay my sister for giving me the most amazing gift and helping fulfil my dream.

I didn't really think we could be any closer. But this experience has made our bond truly unbreakable.

DANIELLE MOTTA, 35

'I would do anything for my twin sister.'

Seeing her go through cancer treatment was heart-breaking so, when I found out she couldn't have children, it was my instinct to offer to be her surrogate.

I hadn't discussed it with my husband before I volunteered, because for me it was a no-brainer.

Really, he was the hero in my eyes, and incredibly supportive throughout. I feel proud to have given Courtney and Stephen such an amazing gift and I love Isabel like my own.

I've also showed my kids what unconditional love means.'

'X Factor's put a smile on my gran's face'

SIMON COWELL said he loved everything about her. Now, 18-year-old barmaid **KIERA WEATHERS** is the favourite to win *X Factor*. She tells **TONY COWELL** about losing her mum and why winning means so much

You're tipped to win – does that make you nervous?

It does put me under extra pressure, but in a way it makes me more determined to do my best. The support I've received has been amazing. I think the rest will hinge on my song choices.

You sang an Ella Eyre song at your audition – is that the sort of music you would like to record?

I chose that song because it appeals to my generation and the older generation. I didn't want to alienate anybody. If I recorded an album, I'd do songs by Whitney Houston, Alicia Keys or Tina Turner – that's what my parents played and I grew up listening to.

Nick Grimshaw commented on your confidence when

on stage. Have you performed a lot?

I've done lots of local competitions and charity gigs, but I feel so much more comfortable in front of a live audience. I come alive, and it helps my performance. **What did you make of Simon's comments – he said he wanted to mentor you?**

It was crazy. I really like Simon as a judge, and it was him I wanted to impress. His comments were amazing and, when he said he wanted to mentor me, I thought, 'Am I really here?'

Are you pleased you have Rita as a mentor?

Yes, I'm so excited. I love Rita as an artist, and because of that I trust her. I want her input into my song choices. I feel blessed to have her onside.

Were you a fan of Fleur East last year?

Yes, I loved her. I didn't really notice her until the live shows, but I loved her distinctive style. When she sang Michael Jackson's *Will You Be There?*,



I thought, wow, she really has it. I thought she'd win.

What was it like when you went back to work in St Helens, Merseyside, after your audition aired?

It's been crazy. I was having a coffee last week and people kept coming up to me to wish me luck. It's like the whole of Liverpool has got behind me. It's quite overwhelming.

You lost your mum [Kelly] two years ago – was this one of the reasons you entered *X Factor*?

It was actually my granddad [Darren] who signed me up. I didn't know he'd done it. Losing Mum was very hard, because she was only 38. But I think it's made me mature a lot. It's taught me to never judge a book by its cover. You

never know what other people might be going through.

How important is your relationship with your gran?

Incredible – she's my number one fan. The whole *X Factor* process has put a big smile on her face. She plays my old tapes of songs I've recorded while she peels potatoes. I think it's changed her life as well as mine.

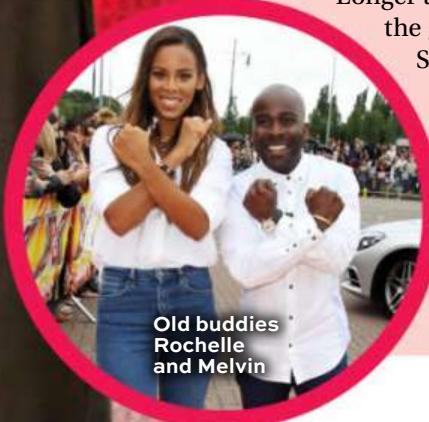
What do you think of new judges Rita and Grimmy?

I love them. I think they've changed the whole feel of the show. I listen to Grimmy on the radio, but on the show he's much more honest and outspoken. I think Rita is looking for a star who'll be around for a long time.





*I come alive
in front of an
audience'*



Old buddies
Rochelle
and Melvin



Cowell Confidential

Tony Cowell, Best columnist and brother of Simon, talks showbiz



ROCHELLE HUMES: 'I PUSHED SIMON SO HARD TO GET THE XTRA FACTOR JOB'

Simon told me you pestered him every day on the phone to get the job on *The Xtra Factor* – is that true?

[Laughs] Yes, it is. I pushed him very hard. In the end, I went for a meeting with Simon, and he told me to go away and make an audition tape. So I called up Melvin [O'Doom] and asked him to do the tape with me. Fortunately, it worked. Simon loved it and we got the job. So Melvin never got to meet Simon until the first day of filming.

What did [hubby] Marvin say when you got it?

He was over the moon! *The X Factor* was where Marvin started – he wouldn't be doing what he does now without it. We both love the show.

You have great chemistry with Melvin.

Have you known each other a long time?

Longer than I've known Marvin. He was always the guy that tried it on with my friends.

Simon's convinced that Melvin is secretly in love with me.

You have a two-year-old daughter [Alaia-Mai]. How will you juggle family life during the live shows?

Marvin will bring her to some of the live shows. She's been with me on auditions, and says, 'Mummy, I love watching people sing and dance.'

THE entertainment edit

Pick of the week's TV...

Downton Abbey

The second episode in the final series of Britain's favourite period drama. It's 1925 and social changes are looming over England. Tensions are running high as the Earl of Grantham (Hugh Bonneville) is forced to make difficult decisions over the future of the estate.



Sunday 9pm & 10pm, ITV

Saturday, 7.40pm, BBC One

Doctor Who

Peter Capaldi and his sidekick Clara (Jenna Coleman) returned to our screens last week with their time-travelling exploits. In this two-part episode, The Doctor and Clara are reunited in the Tardis and find themselves coming under attack from crab-like creatures at Santa Claus's North Pole home. Will Santa come to the rescue – and was it all just a dream?



The Graham Norton Show

Our favourite Irishman returns for a brand-new series. In the first episode of the 18th series, he's joined on the couch by Hollywood heart-throb Matt Damon and Oscar-nominated actress Jessica Chastain, who are plugging new space blockbuster *The Martian*. There's also chat from Peter Capaldi and music from The Weeknd to keep viewers entertained.

NEW SERIES

Friday, 10.35pm, BBC One



Friday, 9pm, BBC One

Strictly Come Dancing

It's show time! After a tense three-week hiatus, celebs and their pro dancers finally get to prove their mettle in the first of this weekend's live two-part spectacular. Join Tess and Claudia as they bring the sparkles back into the nation's living rooms. The big question is, do the contestants have what it takes to impress judges Len Goodman, Darcey Bussell, Bruno Tonioli and Craig Revel Horwood?

Tuesday,
9pm,
BBC Two

NEW
SERIES

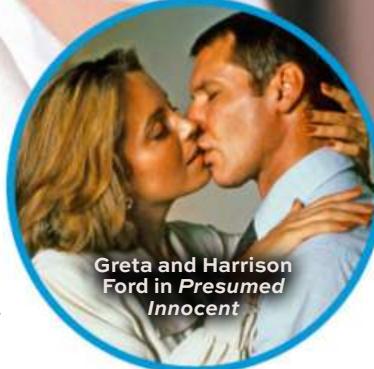


The Naked Choir With Gareth Malone

Gareth Malone searches for Britain's most entertaining singing groups. In the first episode, a London choir, an Essex gospel group, six Southampton students and a group of female barbers face the music.

'Harrison Ford turned me down'

The actress embraces looking older



Greta and Harrison Ford in *Presumed Innocent*

Tell us about your character Amanda in *The Glass Menagerie*

She's a mother who is straight and self-righteous. She's based apparently on Tennessee Williams' own mother. I have loved this play ever since I saw it when I was 15.

You're working with a very young cast, do you feel like the grande dame of theatre?

It's very striking to be working with actors who are 30 years younger than me, even the directors and crew are 20 years younger. It's kind of strange. I found I was speaking out in rehearsals, there is a new-found layer of respect.

Amanda sounds awful, we're sure you are a very different mum to your two children, Leila, 23, and Matteo, 16.

I hope so! My mother read poetry and stories to me,

so I did the same with my kids. My mum never pushed me to be an actress, but supported me, as I do with Leila, who is now an actress.

You were famous for your looks at the beginning of your career, how do you feel about getting older?

It's horrible. But I always felt hampered by being classed as 'photogenic'. People had preconceived ideas about me because of the roles I had in certain films. I would have loved to have done more comedy, but nobody saw me that way.

Have you had or would you have cosmetic surgery?

No, just look at the before

English rose Greta Scacchi, 55, famed for her movie roles in *Heat And Dust* and *White Mischief*, is about to tread the boards in Tennessee Williams' 1944 play *The Glass Menagerie*. Here, she opens up about working with a young cast and why it's horrible getting old

and after pictures of people who have had it done, they look worse! This is my 55-year-old face and hopefully people will see beyond what I look like and consider whether I look intelligent, witty or warm.

You've played alongside some very attractive men, did you have any crushes?

Oh, yes! Harrison Ford in *Presumed Innocent*, both myself and another actress

in the film had a crush on him, and were vying for his attention, and he turned us both down. He was happily married at the time, and very shy and sensitive.

● **The Glass Menagerie opens at the West Yorkshire Playhouse in Leeds from 12 September to 3 October and tours the country until 14 November. Details and tickets at headlong.co.uk**

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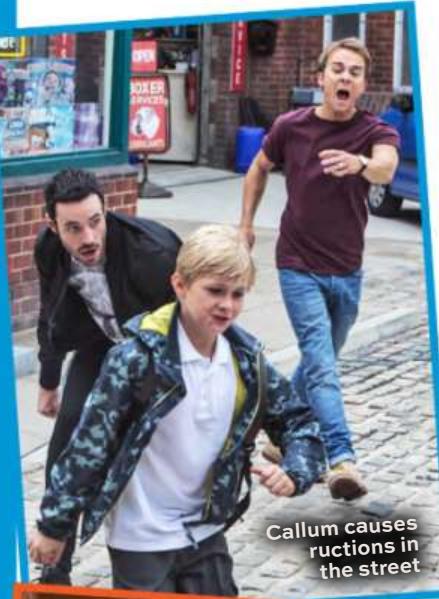
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David & Kylie are pushed to the edge

Paula Lane (Kylie Platt) and Jack Shepherd (David Platt) spill the beans on Corrie's upcoming live episode...



Did you have any choice about appearing in the live episode?

Jack: It was pretty much: 'You're doing it!' And I said, 'All right!'

Paula: I had literally just come back from having my baby and they said, 'This is where we're going.'

So what happens in the live episode?

Paula: It's really dark. Over the course of a week, Callum Logan goes on a vendetta – he wants to totally destroy the Platt family.

Jack: Callum is after all the Platts and everybody connected with them. Jason Grimshaw has ended up in hospital, Audrey's salon has been trashed and he's threatened her, and drugged David's sister Sarah.

Are you both nervous about it?

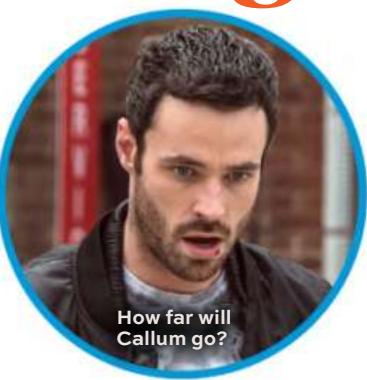


Jack: I've been involved in the previous two live episodes, but never really been right at the forefront of the action. In this one, we have the big story, so it will be a lot of pressure. I never got nervous with the other two, because I didn't have a lot to do. Nothing where I could really kibosh the whole thing! I could potentially ruin my career here!

Paula: I am nervous, but the fact that they've got the confidence in us to carry the story is very flattering. We just need to use that and smash it. My first live episode was the 50th anniversary episode and it was crazy. The adrenaline rush was like nothing else on earth.

What's it like working with each other?

Paula: There's never a dull moment! I feel very safe on set with Jack – I can pretty much try anything with him,



and he makes me laugh. I do love him – he's my best mate.

Jack: Paula is a very good actress and the characters work well together because they're similar. She has a great range, too – she can do anger, emotion and comedy – she has it all. She's definitely my choice of actress to work with.

How long will you stay in the show?

Paula: My contract is up in May, so I've got a little while yet and after that, we'll see.

Jack: My contract is up for renewal this month, but I love it. I've always loved it. It's such a good bunch of people to be with – it's a very easy place to work.



I've done Big Brother and now I can survive anything!

The pint-sized Scottish presenter, 44, spills the beans on life inside the CBB house, and why she's already got her next show lined up

cheeky grin on her face. Is she glad to be out? You bet she is!

Hi Gail. Did you expect things to be so volatile in the house?

I did find it difficult that people were screaming at each other, but you've got to remember that what you're seeing is 20 minutes out of 24 hours. And I enjoyed every second of it!

Did you consider quitting?

Absolutely not – I'm Scottish! I cried – and you can slag me off for that – but at least I'm human, and I did the best I could.

Did you have any sort of epiphany in the house that's made you want to change your life in some way?

Although I'm not a trained reflexologist, I was doing quite a lot of foot massages in there, so I was thinking I might do a bit of that now.

Do you have any plans to do more reality TV?

I can't cook and I'm not good at jumping out of

aeroplanes, but I'd love it if Bear Grylls asked me to do something. If I can do *Big Brother*, I can do survival!

What did it mean to you when Austin [Armacost] shaved his head in solidarity with you?

I didn't believe him when he said he was going to do it. The next morning, he said, 'I genuinely wanted to show you that I respect where you're coming from'. I really admire that. Also, just to put it on record, Katie Hopkins has written something telling me to get a grip because I'm just bald, while other people have cancer. I have totally talked about the fact I don't have cancer, and I think what she said is disgusting. I lost my mum to cancer, so don't bring that up!

What do you hope people have learnt about you?

Well, I hope the nation realises I'm not falling apart and am not totally emotionally dysfunctional. I'm a strong person!



Gail confided her feelings in the Diary Room



She's got a major bone to pick with Katie Hopkins

When Gail Porter entered the *Celebrity Big Brother* house, the nation feared for the fragile presenter's wellbeing. But, after a 20-day stint in the house, the 44-year-old – who has endured a well-publicised battle with depression and alopecia – emerged stronger than ever, with a

FREE* L'ORÉAL COLOR RICHE NAIL POLISH

for every reader

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<p>Active Day Look Book, Active Cosmetics, RRP £12.99, our price £8.50</p>	<p>Revlon Custom Eyes Mascara in Dark Brown, RRP £9.99, our price £4.99</p>

PRODUCT DESCRIPTION	RRP	PRICE	QTY	TOTAL
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Active Day Look Book	£12.99	£8.50		
Intimately Beckham, 75ml spray	£29.50	£12		
Bourjois Concealer, Bronze 8ml	£8.99	£5.50		
Revlon Mascara, Dark Brown	£9.99	£4.99		

*Postage applies

Postage	£3.50
TOTAL	

Name _____

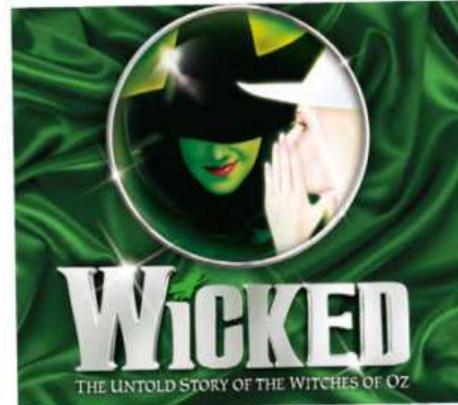
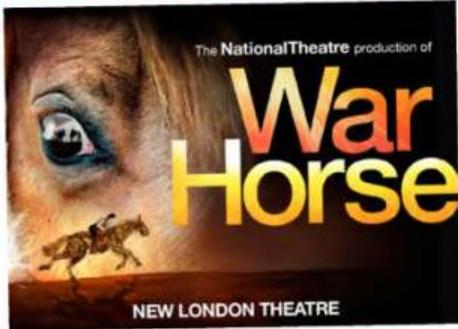
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TERMS & CONDITIONS Price is per person based on tickets to see *The Commitments* on Sunday 4 October 2015 staying at the 3* Queens Park Hotel, Queensborough Terrace, Bayswater, London, with two people sharing a twin/double room subject to availability, based on a one night stay with full breakfast. Single supplements apply. Prices will vary depending on hotel and show chosen and also date of departure. The offer is operated by and subject to the booking conditions of SuperBreak Mini Holidays, ABTA Y1453.

The best crossword

WIN 1 X £200, 2 X £100 OR 3 X £50 PRIZES

**WIN
£550**

Both these sets of clues lead to the same answers, revealing in the shaded squares a film starring Matt Damon (3, 7)

STRAIGHT CLUES

ACROSS

- Pharmacists (8)
- Word that modifies another word (6)
- Edition (5)
- World-wide, and beyond (9)
- Terrific! (9)
- Manner, mode (5)
- Look after (4)
- Reel or tango, e.g. (5)
- Lubricated (5)
- Toothed cutting tools (4)
- Pack in tightly, cram (5)
- Study of the world (9)
- Far-reaching (9)
- Scholar, student (5)
- Precious metal (6)
- Roamed (8)

DOWN

- Tribal leaders (6)
- Vital (9)
- Dublin is its capital (7)
- Have faith in (5)
- Put on clothes (7)
- Literary composition (5)
- Took as true (8)
- Galvanising metal (4)
- The Times* or *The Sun*, e.g. (9)
- Dragons, giants, etc. (8)
- Opposite of attack (7)
- Marked like tigers (7)
- Rode a bike (6)
- To such time (5)
- Dismal, dreary (4)
- Carmen, e.g. (5)

PICTURE: GETTY

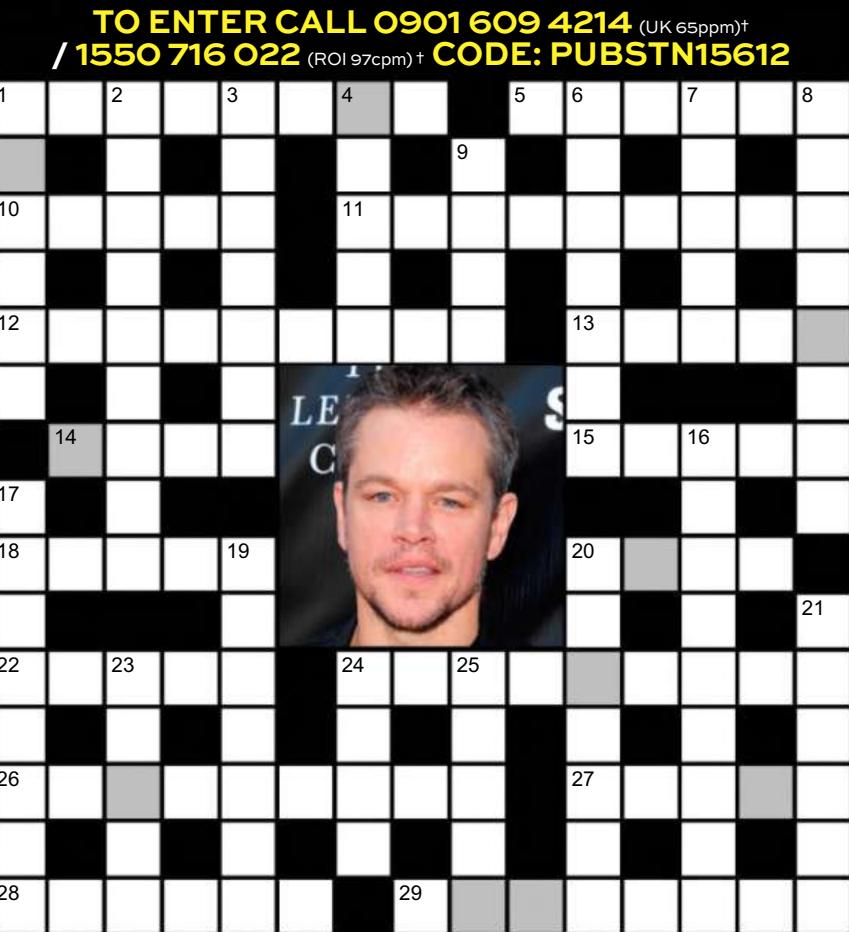
CRYPTIC CLUES

ACROSS

- I'm back in trunks with drug suppliers (8)
- Type of word – these days another word (6)
- Children getting put out (5)
- Valuers in trouble everywhere (9)
- Supporter rebuilt attics. Amazingly good! (9)
- Method in fashion? (5)
- Care for the intellect (4)
- Five-eighths of guidance for ball? (5)
- Olé! I'd somehow reduced friction! (5)
- Sores said to result in proverbs (4)
- Cram in material (5)
- Pray hog, e.g., changes the subject (9)
- Dear, change the third part which is wide-ranging (9)
- This student is in the teacher's eye! (5)
- Part of a fossil, very much like a metal (6)
- Digressed with surprisingly new dread (8)

DOWN

- Chef is confused with the bosses (6)
- All-important aliens set off (9)
- I'd learn about the republic (7)



- Tied up, we hear, yet showing confidence (5)
- Prepared for a meal. Oneself or one's food? (7)
- Try Lamb's work? (5)
- Bee lived, possibly, and accepted things as true (8)
- Pieces of topaz in chromium, or another element? (4)
- Renews app designed for organ? (9)
- Mrs Stone produced ogres (8)
- Alibi, perhaps, of French criminal (7)
- Marked with strange red tips (7)
- It's reportedly peddled and wheeled away (6)
- Up to unlit operation (5)
- Forbidding partial use of big rimmed hats (4)
- Entertainment. A rope trick? (5)

ANSWERS

CROSSWORD

34/15 SHERLOCK

ACROSS

- Storage
- Abuts
- Corn
- Structural
- Space
- Loops
- Taxi
- Grow
- Cough
- Snake
- Enthusiasm
- Stew
- Seven
- Coconut

DOWN

- Connecting
- Harsh
- Tear
- Sauce
- Guru
- Stoop
- Shampoo
- Organising
- Amounts
- Knelt
- Using
- Smack
- Have
- Arch

best PRIZE PUZZLES ENTRY COUPON ISSUE 38

1 Crossword ANSWER CODE: PUBSTN15612

Send to: Best Prize Puzzles (38/15), Hearst Magazines UK, The Data Solutions Centre, Worksop S80 2RT. Print in ink.

One entry per household. Postal entries to reach us by closing date of 8 October 2015. Winners will be drawn at random from correct entries received by post and phone. Names and addresses of winners available on request. No correspondence can be entered into. The editor's decision is final.

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Date of birth** _____

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**optional information

*For full T&Cs see p3. We will use the information you supply to process your competition entry. For our privacy policy visit hearst.co.uk/dp.

Lines open 22 September 2015 till midnight on 5 October 2015 (closes 8 October 2015 for postal entries). Over 18s only. 1UK Calls cost 65p per min plus your telephone company's network access charge; ROI 97p per min, and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Phonovox/Spoke (01437 8815). To enter by post, use coupon, left.

Find your perfect diet and DISCOVER THE SECRET TO WEIGHT LOSS SUCCESS

Bewildered by the range of diets on offer?
Take our quick quiz to find the right one for you...

WHICH OF THESE SOUNDS LIKE YOU?

- A** I carry my weight round my waist and tummy
- B** I've got more than one stone to lose from all over
- C** My weight is mostly round my hips and thighs
- D** My tummy and face are both round and squishy
- E** I've got less than one stone to lose from all over

WHEN YOU'VE DIETED BEFORE, WHAT'S STOPPED YOU?

- A** I was so hungry
- B** I couldn't bear not having cheese or wine
- C** The portions were too small
- D** I hate sticking to rules
- E** My friends invited me for dinner



*Low-carb,
no-sugar,
low-fat, fasting or
calorie counting,
your answers will
help see which
plan is for
you*

Aim for a diet
that best suits
your lifestyle
and goals



IT'S BREAKFAST TIME ON YOUR
NEW DIET – WHICH OF THESE
SOUNDS GOOD?

- A Bacon and eggs
- B Boiled egg with soldiers
- C Cereal with yoghurt
- D Toast and peanut butter
- E I'm not really hungry in the morning



YOU'RE ALLOWED TO CREATE YOUR DREAM DIET
– WHICH OF THESE FOODS MUST IT HAVE?

- A I don't care so long as it works fast
- B A daily treat like crisps or chocolate
- C Lots of fruit and vegetables –
I want to set an example to my kids
- D No weighing, measuring
or obsessing
- E Restaurants and takeaways



HOW FAST DO YOU WANT TO GET RESULTS?

- A Super quickly – I have no willpower
- B I'd rather take it slow and not feel deprived
- C 1-2lb a week is fine
- D I'm in this for life – I want a big change
- E Fast – if my diet spoils my fun I'll quit

HOW MUCH DO YOU LIKE
TO COOK?



- A I can grill a burger and toss a salad
- B I can switch on a microwave
- C I don't mind making an effort if it gets results
- D I love cooking and baking – bring it on
- E I'll manage – but I'd prefer a takeaway at weekends

TURN OVER TO FIND
YOUR PERFECT PLAN...

SO, WHAT HAVE YOUR RESULTS SAID ABOUT YOU? CHECK THEM OUT

MOSTLY As



Meat and fresh vegetables are a low-carb must

Try a **low-carb plan with higher protein and fat**.

Based around meat, fish, dairy and fresh veg, it bans carbohydrates to keep your blood sugar stable and encourage fat burning. Low-carb diets strip fat from tummies (and everywhere else) fast. They're also usually very filling, which is good if you often feel hungry.

MOSTLY Bs

A **calorie-counting plan** will let you eat what you want when you want. No food is banned and it's easy to fit into a busy life. It's based on burning more calories than you consume, so it's a great plan for those who exercise. Focus on good quality calories, though, three Snickers a day might add up to 1,000 calories, but they won't be healthy.



MOSTLY Cs

A **low-fat diet plan** is key. Gaining weight around the hips and thighs is often related to sensitivity to high levels of fat in the diet – and as such you'll get noticeable results by cutting out high-fat foods and fast food. Instead focus on lean meat and

fish, whole grains and fruit and vegetables. Low-fat eating is good for those who like to see lots of food on their plate.



A low-fat diet means fish is on the menu

MOSTLY Ds

Try starting a **no-sugar diet plan**. It's now believed that hidden sugars are one of the single biggest contributors to weight gain and so by simply trying to cut those out, you can lose weight without having lots of fiddly rules. However, as sugar is in so many foods,

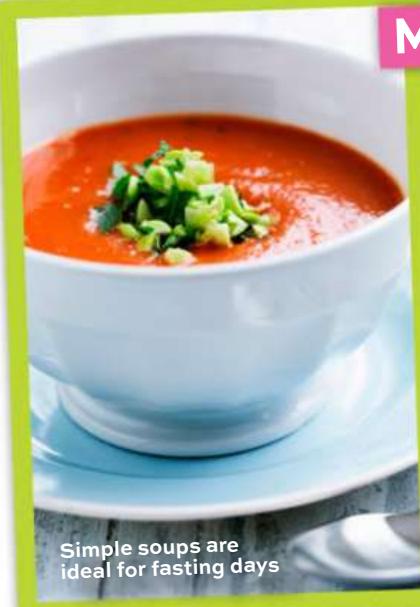


Porridge is a no-sugar option

MOSTLY Es

A fasting plan like 5:2

– where you eat 500 calories, two days a week; or 16:8, where you only eat in an eight-hour time interval (noon-8pm) and fast the rest of the time – works for you, as it fits around your social life. It won't make you feel like you've blown it if you have a choccie bar. Don't go mad when you're not fasting, though.



Simple soups are ideal for fasting days

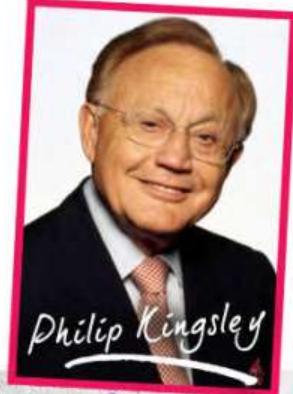
Beauty masterclass



Caring for gorgeous greys

Decided not to dye? Philip Kingsley knows how to go grey gracefully

PHILIP has made hair his career for over 60 years, qualifying as a trichologist (hair expert) in 1953. His first and arguably most iconic product, the Elasticizer, that injects moisture into hair, was created for Hollywood star Audrey Hepburn. An expert in hair and scalp health, Philip is the ideal man to advise on how to deal with locks that go grey.



Philip's essential hair care guide

- **If your greys are sporadic**, don't pluck them! This can damage the follicle and distort the growth of new hairs.
- **Your cut should suit your texture**, whether it's thick or thin. Coarse locks look best with layers, whereas if it's fine you'll look better with a blunt finish. As we age, the hair growth cycle narrows, meaning that greys are usually unable to grow as long, which is why shorter styles look healthier.
- **It's a lack of melanin** (the pigment that gives colour) that makes your 'do more vulnerable to damage. Firstly, pollution shows up more on greys, so wash every other day to keep it fresh and avoid discolouration. You're also more prone to sun damage, which can show up as yellow tones (it's not just skin that suffers!). Use a daily protection spray featuring UV filters across the lengths before you start styling.
- **The minimal pigment** means hair is also less likely to reflect the light. Using a lightweight smoothing product will encourage gloss and condition at the same time. Rub a 20p size blob between your hands and smooth from root to tip on to damp hair before styling as normal.
- **Shampoos and conditioners** with optical brighteners will counteract brassy tones. These will be purple, as this shade counteracts yellow on the colour spectrum. Over time, the scalp produces less sebum, causing dryness, so inject moisture with both a pre-shampoo treatment like my famous Elasticizer, £31.50, and a conditioning mask once a week.
- **It's important to ditch any products** that cause damage without you realising. Choose smooth or foam rollers over velcro, which are more likely break the already brittle hair. A round, vented brush with plastic prongs will be kinder than bristle ones that can tear at the cuticle. Avoid concentrations of silicones, as too much can dry out the hair. The higher up the ingredients list, the stronger the content.



best dressed

While the fashion world has been focused on London Fashion Week, what really caught our eye this season was the number of fabulous plus-size brands and curvy models showcased on the catwalk, such as David Hasselhoff's daughter, Hayley (below), to celebrate Plus Size Fashion Week. Here are some highlights...

It's time to celebrate our curves

At last we can all find clothes that fit and flatter



EVANS

The struggle for flattering jeans is now over, thanks to the UK high street's shape specialists! Evans has revamped its denim offering with a new and improved range. Shop for traditional styles such as bootcut, straight and skinny but also look out for its new slouch or boyfriend cuts to update your wardrobe.

New denim styles at Evans

STOP PRESS!

Manchester Central hosts The Curve Fashion Festival on 26 September. Bringing together independent retailers and high-street stores such as Phase Eight, Studio 8 and Evans, visit thecurvefashionfestival.co.uk for info. Tickets start from £20.



TAKING SHAPE

Aussie brand Taking Shape is gaining fans in the UK thanks to its easy-to-wear statement prints, draping, and layering in fluid fabrics. There's also a free in-store personal styling experience with a trained fashion adviser, with no obligation to buy. Visit takingshape.com for info.

ELVI & BOOHOO PLUS

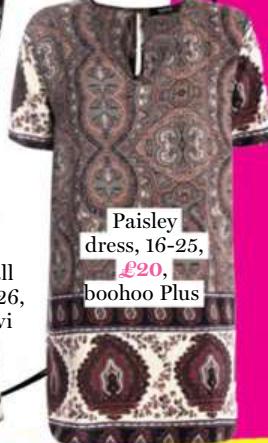
Sofa shopping has never been easier with online retailers Elvi and boohoo Plus. For classic pieces with a modern twist, elvi.co.uk is your answer. The tailored shift dresses are beautifully cut and bang on trend. For affordable fashion, boohoo.com offers stylish separates and everyday essentials from sizes 16-24.

Hayley Hasselhoff modelled for boohoo Plus at the Plus Size Fashion Week

SHOP THE LOOK



Paradise kimono, 14-26, Taking Shape, £55



Paisley dress, 16-25, £20, boohoo Plus



Waterfall coat, 14-26, £75, Elvi

WORDS: LARA NUGENT PHOTOS: REX FEATURES

21

41

13

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*Compared to the leading brand, percentage varies across line-up.

**Based on average consumer loading.

[†]377 UK shoppers surveyed, Sep '14 - Jan '15